THE HOUSEWIFE'S YEARBOOK

of American Homemaking

THESE FACTS MAY INTEREST YOU

—if ever you have been "irregular"

CONSTIPATION is one of mankind's most common ailments. Those who have it only "now and then" may figure all they have to do is "take something" and it will go away. Constant sufferers tend to try "anything and everything." No wonder much discouragement results.

What Is Constipation?

A medical book defines constipation as "A condition where evacuations of the bowels are infrequent or incomplete." Some other authorities believe that there is no generally accepted yardstick of exactly when sluggish intestinal action becomes "constipation."

For "irregularity" may be brought about by many things, some of which are beyond layman knowledge. And some cases which *seem* like ordinary constipation need doctor's diagnosis and attention before laxatives are taken.

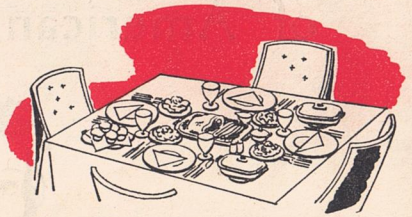
Even the most common kinds of constipation can be caused by various things. Faulty diet. Lack of activity. And so on.

What Shall You Do?

When you are constipated no one need tell you that you are. You know. And you know you can't feel your best that way.

Even if you are *sure* there is no serious cause for your constipation, there's still no fun taking harsh drugs, pills or oils.

A more sensible way to encourage your sluggish colon is by eating a natural regulating *food*. And it's just good sense to eat it regularly — to help *keep* yourself right.



Maybe Your Diet Lacks Bulk

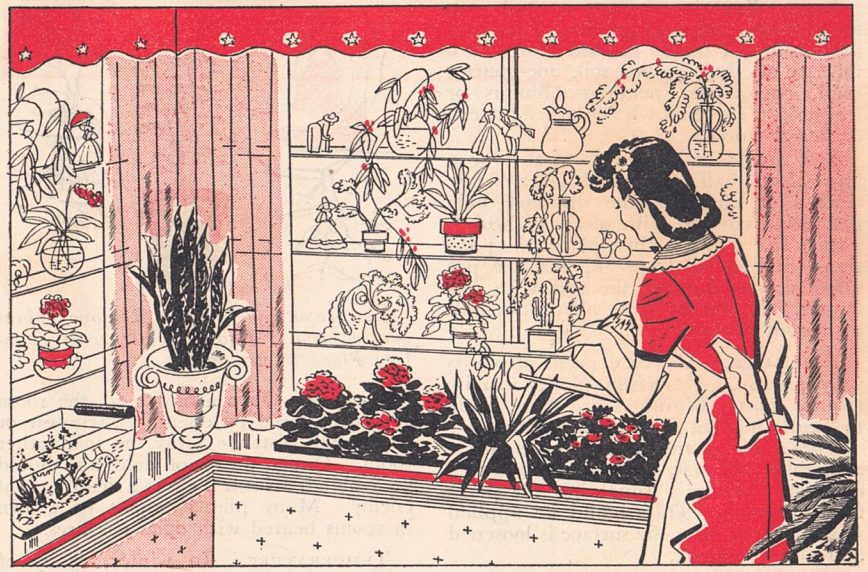
Many everyday foods lack "regulating" bulk — in fact, lack of this bulk in foods is a common cause of constipation. But there *is* one grand cereal food which provides this natural regulating bulk in abundance. It's famous Kellogg's ALL-BRAN.

The "cellulosic bulk" in this famous cereal is not digested like the *other parts* of the food — but it does get down into the lower colon to help gentle, natural action. It's important to know, too, that the "cellulosic bulk" in Kellogg's ALL-BRAN does not interfere with the otherwise *normal* action of the colon.

Excellent Source of Bulk

Of all popular foods included in a university study on this subject, Kellogg's ALL-BRAN, and cabbage, proved the most dependable source of this natural regulating bulk. The amount in cabbage may *vary greatly* according to its age and conditions where it grew. Kellogg's ALL-BRAN, by comparison, begins by being *extra rich* in "bulk" — for it is made from the VITAL OUTER LAYERS of finest wheat — layers which contain virtually all the "cellulosic bulk" of the grain. In addition, Kellogg's ALL-BRAN is a uniformly processed cereal — thus you get a *uniformly high amount* of natural regulating bulk.

Kellogg's ALL-BRAN has proved so helpful to so many that, in the past 20 years, *billions* of servings of this crunchy, nut-brown breakfast cereal have been eaten to help banish constipation woes.



GARDENS IN GLASS

INDOOR gardens are becoming more and more popular. You can see them in windows all over America. In the cold winter months they bring indoors the bright colors and green freshness of living plants.

There are many reasons for the increasing number of gardens in glass. Better home heating, improved humidifying systems and larger windows are some. Hardier plants, handy fertilizers and better methods are others. It is no longer necessary to have a "conservatory" or build an inside greenhouse to grow plants successfully indoors. With little bother and nominal expense you can grow as big a garden in glass as your heart desires.

Take Aim

However, you do need knowledge. More knowledge than this basic article can give you. This you can acquire by trial and error, or you can get a good book on indoor gardening and read up on it.

You need an aim, too. Your glass garden may vary all the way from a few pots on a window shelf to a specially built bay window with waterproof floor, metal plant shelves and special blinds and ventilators.

You can spread your garden all over the house, in wall brackets and floor stands, with an eye to decorative effect. You can grow "living bouquets," using many decorative plants in the same container, and discarding them when they fade. You can try your hand at miniature gardens or "gold fish bowl" terrariums. And you can join the many thousands of enthusiasts now growing decorative window gardens. You have seen these big windows with their shelves of plants and colored glass.

The Elements of Success

Growing fine plants indoors is simply a matter of understanding plant needs. A little experience, added to these principles, will enable anyone to develop a beautiful glass garden.

POTTING. Almost any type of pot will do, provided it has a drainage hole and a bowl or saucer under it, to hold excess water and permit its reabsorption. The pot must be clean. New pots should be soaked in water several days before use.

The pot must not be too large. Most plants bloom better when slightly "pot bound." That is, their roots should fill most of the pot.

Soil. Experts advocate special soils for various classes of plants. However, practically all plants can be grown in a mixture one-half garden soil, one-quarter sand, one-quarter peatmoss, humus or leafmold. These may be obtained at seed or flower stores.

Soil should be put in the pot over a layer of one-half to one inch layer of fine cinders or charcoal, the drainage hole first being covered with pieces of broken pots. The plant is then placed in position, with its roots spread, and the pot filled slowly, firming the soil with the fingers. It should come about one-half inch from the top.

Fertilizer. The food needs of plants vary greatly. Flowering plants usually require most. Beginners are more likely to "stuff" a plant than to starve it.

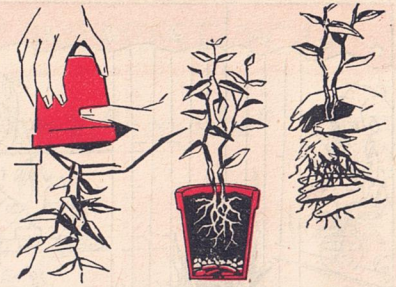
There are many excellent fertilizers available. At first, it is wise to select a complete fertilizer containing all plant food elements. This should be applied near the stem, after the surface is loosened and after watering.

Water. The importance of water has been so emphasized that hundreds of house plants are actually drowned every year. Most plants cannot stand continually soggy soil at their roots. Many may be dried out almost completely without harm.

No definite rule can be given, but most plants need watering when the soil is dry to the touch. If the water runs through the pot immediately, due to cracks in the soil, set the plant in a pail of water.

Extra air moisture can be provided by placing bowls or pans of water near the plants. In windows, decorative vases, etc., can be kept filled with water. The foliage should be sprayed every few days with a bulb sprinkler. This not only adds moisture, but removes dust and possible insects.

Air. Plants require fresh air as much



In Repotting (left) Remove plant gently (right) Loosen lower roots (center) Place in new pot.

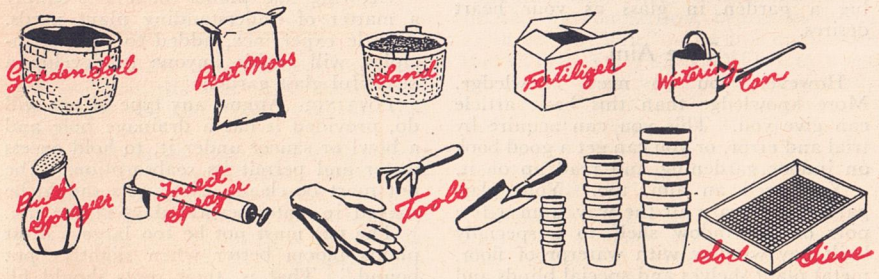
as humans. Once a day or so, the room should be aired by opening a window or door some distance away, or in another room. Direct drafts of cold air should be avoided. Natural gas is a deadly plant enemy. Many plants cannot be grown in rooms heated with open gas fires.

Temperature. In winter, many of our homes are too warm for good plant growth. Plants will thrive at 60 to 70 degrees in the day and 10 degrees colder at night. Some plants will stand 45 degrees at night comfortably. If it is inconvenient to make the day temperature low enough, care should be taken to see that it is lower at night.

Light. Ample light, if not sunlight, is extremely important. Most plants cannot get too much of it, even direct sunlight, when grown indoors. Even artificial light helps. So give your plants all the light you can. Turn them every few days to assure even growth and blooms.

Take Your Choice

In your glass garden, you can grow almost any kind of plant your heart desires. A list of plants which you could



Necessities for the Indoor Gardener

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon rises h. m.	Sun Slow	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon rises h. m.
1	Su	**Easter Sunday**	5 44	6 24	10 20	4	5 49	6 20	9 59
2	Mo	Battle of Selma, 1865	5 43	6 26	11 20	4	5 48	6 21	10 55
3	Tu	John Burroughs born, 1837	5 41	6 27	morn	3	5 46	6 21	11 51
4	We	All-Bran Date Bars for supper	5 39	6 28	0 20	3	5 45	6 22	morn
5	Th	Pocahontas m. John Rolfe, 1614	5 37	6 29	1 16	3	5 44	6 23	0 47
6	Fr	1st U. S. Cong. began sessions, 1789	5 36	6 30	2 10	2	5 43	6 23	1 41
7	Sa	Light beer on sale 23 states, 1933	5 34	6 31	3 00	2	5 42	6 24	2 32
8	Su	**Low Sunday**	5 32	6 32	3 43	2	5 40	6 24	3 19
9	Mo	La Salle reached Miss. m., 1682	5 31	6 33	4 21	2	5 39	6 25	4 03
10	Tu	Safety pin patented by W. Hunt, 1849	5 29	6 34	4 55	1	5 38	6 26	4 44
11	We	Napoleon abdicated, 1814	5 27	6 35	5 28	1	5 36	6 26	5 22
12	Th	Augustine Washington d., 1743	5 26	6 37	sets	1	5 35	6 27	sets
13	Fr	Fatal riots in India, 1919	5 24	6 38	8 13	1	5 34	6 28	7 58
14	Sa	1st pony express into 'Frisco, 1860	5 23	6 39	9 30	0	5 33	6 28	9 09
15	Su	**2d Sunday after Easter**	5 22	6 41	10 44	0	5 32	6 29	10 18
16	Mo	Chas. Willson Peale born, 1741	5 20	6 42	11 52	F	5 31	6 30	11 23
17	Tu	Mohawk and Hud. R. R. c., 1826	5 18	6 43	morn	0	5 30	6 31	morn
18	We	Alarm given by P. Revere, 1775	5 16	6 44	0 53	1	5 28	6 31	0 22
19	Th	Congress dec. Cuba Indt., 1898	5 14	6 45	1 45	1	5 27	6 32	1 15
20	Fr	All-Bran is rich in iron	5 12	6 46	2 27	1	5 26	6 33	2 01
21	Sa	Josh Billings born, 1818	5 11	6 47	3 03	1	5 25	6 33	2 41
22	Su	**3d Sunday after Easter**	5 10	6 48	3 35	1	5 24	6 34	3 17
23	Mo	French 8h. day law in effect, 1919	5 08	6 50	4 01	2	5 23	6 35	3 49
24	Tu	Spain declared war on U. S., 1898	5 06	6 51	4 25	2	5 22	6 36	4 18
25	We	All-Bran Griddle Cakes	5 05	6 52	4 48	2	5 21	6 36	4 48
26	Th	Lafayette sailed for America, 1777	5 04	6 54	5 13	2	5 20	6 37	5 15
27	Fr	Germans used poison gas, 1915	5 02	6 55	rises	2	5 19	6 38	rises
28	Sa	John Codman Ropes born, 1836	5 00	6 56	8 14	3	6 18	6 39	7 55
29	Su	**4th Sunday after Easter**	4 59	6 57	9 14	3	5 16	6 39	8 50
30	Mo	Louisiana becomes a state, 1812	4 57	6 58	10 15	3	5 15	6 40	9 46

APRIL 1945

4th Month 30 Days

MOON'S PHASES, E. S. T.

- ☾ **Last Quarter,** 2:18 P.M., 5th
- ● **New Moon,** 7:29 A.M., 12th
- ◗ **First Quarter,** 2:46 A.M., 19th
- ○ **Full Moon,** 5:33 A.M., 27th

grow would fill many books this size. But they can be divided into classes.

Flowering Plants. There are many old favorites here. Begonia, geranium, azaleas, poinsettia, hydrangea and balsam, to mention a few. And there are many new ones, including roses no bigger than a thimble.

Bulbs. Forced bulbs bring fine blooms. And forcing means making them think it is spring in midwinter, not over fertilizing them. The bulb selection is wide, including callas, hyacinth, daffodils, lily-of-the-valley, crocus, and others old and new.

Foliage Plants. Many glass garden plants are grown for their colorful or interesting foliage. These include ferns and vines, palms, evergreens, and herbs too numerous and too beautiful to describe.

Cacti. These are extremely popular because they stand high temperatures and a dry atmosphere. There are very many types, of many shapes and sizes. They rarely bloom under house conditions.

Annuals. Garden annuals, such as snapdragon, alyssum, marigolds, lobelia, calendulas, nasturtium, verbena and others, will grow well in your glass garden. You simply plant the seed in late summer, pot them and bring them in before frost.

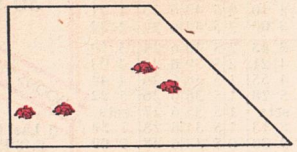
Perennials. A few perennials, such as pinks, gaillardias, and chrysanthemums, may be used as house plants. Root clumps are lifted in early winter, potted and brought indoors. They are forced by keeping in a cool place for a few days and gradually moving to warmer positions.

You will have little difficulty in finding plants for your garden in glass. Florists and seed stores have many beautiful subjects. Some department stores and "five-and-tens" specialize in them.

"I'd been troubled with common constipation for years. Tried many kinds of medicines for it. Then, just about a year ago, I tried KELLOGG'S ALL-BRAN. I ate it regularly, without missing a day. It helped so much, I have not taken one dose of medicine for constipation since, nor have I confined myself to any diet!" Mr. S. P. Loebe, Charleston, Missouri.

A PAGEFUL OF PERPLEXING PUZZLES

HERE are some brain teasers which will make you think hard. It will be more fun if the whole family tries them before you refer to the answers on page 33.



1. Farmer Jones was thrifty. By the time he died he had acquired much land and four houses. But he also had four sons so he decided to leave his land in four equal parts of the same shape, so the sons would not quarrel. Each part was to have a house on it. Soon he had men fencing his farm to divide it for his sons. Where did they put the fences? The houses cannot be moved.

2. A hunter left his cabin and walked three miles south. He then turned and walked three miles east. Here he shot a bear. After shooting the bear he walked three miles north to his cabin. What color was the bear?

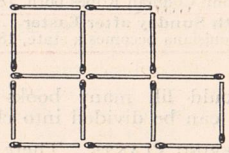
3. A boy scout in order to win his merit badge for hiking had to walk a distance of 30 miles. He walked at a rate of 5 miles per hour but soon found he had to stop and rest. The first time he stopped, he rested the length of time it would take him to travel a sixth of a mile. The second time he stopped, he stayed for the time it would take him to go twice as far. The next time he stayed the length of time it would take him to cover twice the distance of the previous time, and so on until he reached his goal. When he arrived he found that it took him 7 hours and 2 minutes to travel the entire distance. How many stops did he make?

4. Mrs. Jones' kitchen clock suddenly went crazy. At 11:37 A.M. it began to run backward. When it really was 1:22 P.M. what time would the backward clock say it was?

5. A small boy had a bag of jelly beans. He found that when he counted them over two by two, three by three, four by four, five by five and six by six, there was always one left over. But when he counted them by sevens, they came out even. What is the smallest number of jelly beans the boy could have in the bag?

6. Seven men dine at the same restaurant, at the same time each day. But, the first dines there every day, the second every second day, the third every third day, and so on, the seventh dining there every seventh day. After how many days would all of them dine there on the same day?

7. Three motorcyclists start together to race around a one-mile circular track. The first can go a mile in two and one-half minutes. The second in two and three-fifths minutes and the third in three and one-quarter minutes. How soon will they all be together again at the starting point?



8. Take fifteen matches and arrange them as shown above. Try to remove three matches and form three exact squares. This is quite easy and should not take over one or two minutes.

9. A man entered a hat store and bought a hat. He handed the clerk a ten dollar bill. The clerk, having no change, took the ten dollar bill next door and received two five dollar bills for it. He returned to his store, gave the man his new hat and a five dollar bill. Later that day the man who had changed the ten dollar bill rushed into the hat store demanding ten dollars, for the ten dollar bill was counterfeit. The owner of the hat store gave the man ten dollars. How much was the total loss suffered by the hat store owner.

10. A barn is being moved on large rollers. These rollers are all 3 feet in circumference. How far will the barn move, in relation to the ground, with each complete revolution of the rollers?

(Answers on Page 33)

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon sets h. m.	Sun Fast	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon sets h. m.
1	Tu	Chicago World's Fair opened, 1893	4 56	6 59	11 14	3	5 14	6 41	10 43
2	We	U. S. Mexican agreement, 1916	4 55	7 01	morn	3	5 13	6 42	11 37
3	Th	Connecticut charter signed, 1636	4 53	7 02	0 08	3	5 12	6 42	morn
4	Fr	Horace Mann born, 1796	4 52	7 03	0 57	3	5 11	6 43	0 28
5	Sa	All-Bran Brown Bread	4 51	7 04	1 42	3	5 10	6 44	1 16
6	Su	**Rogation Sunday**	4 49	7 05	2 20	3	5 09	6 45	1 59
7	Mo	Lusitania sank, 1915	4 48	7 06	2 54	3	5 08	6 45	2 39
8	Tu	Mount Ranier discovered, 1792	4 47	7 07	3 26	4	5 07	6 46	3 16
9	We	King George visited Pope, 1923	4 46	7 08	3 57	4	5 06	6 47	3 52
10	Th	Paul Revere died, 1818	4 45	7 09	4 28	4	5 06	6 48	4 30
11	Fr	Columbus sailed on last voyage, 1502	4 44	7 10	sets	4	5 05	6 48	sets
12	Sa	La Salle returned to Quebec, 1683	4 43	7 11	8 19	4	5 04	6 49	7 55
13	Su	**Sunday after Ascension**	4 41	7 12	9 32	4	5 03	6 50	9 04
14	Mo	1st Continental Congress, 1787	4 40	7 13	10 39	4	5 03	6 50	10 09
15	Tu	Cholera epidemic in N. Y., 1849	4 39	7 14	11 36	4	5 02	6 51	11 06
16	We	Selective Draft Bill passed, 1917	4 38	7 16	morn	4	5 01	6 52	11 56
17	Th	Benjamin Franklin died, 1790	4 37	7 18	0 24	4	5 01	6 52	morn
18	Fr	R. I. prohibited slavery, 1652	4 36	7 19	1 04	4	5 00	6 53	0 39
19	Sa	Battle of Vicksburg began, 1863	4 35	7 20	1 39	4	4 59	6 54	1 17
20	Su	**Pentecost—Whit Sunday**	4 34	7 21	2 05	4	4 59	6 55	1 51
21	Mo	1st steamer on the Missouri, 1819	4 33	7 22	2 31	4	4 58	6 55	2 21
22	Tu	1st marriage in New England, 1621	4 32	7 23	2 55	3	4 57	6 56	2 50
23	We	All-Bran Pancakes	4 31	7 24	3 18	3	4 57	6 57	3 19
24	Th	Queen Victoria born, 1819	4 31	7 25	3 41	3	4 56	6 57	3 49
25	Fr	German air raid on England, 1917	4 30	7 25	4 07	3	4 56	6 58	4 19
26	Sa	Nicholas II crowned Czar, 1896	4 29	7 26	rises	3	4 55	6 58	rises
27	Su	**Trinity Sunday**	4 29	7 27	8 09	3	4 55	6 59	7 42
28	Mo	Joseph W. Folk died, 1923	4 28	7 27	9 08	3	4 54	7 00	8 39
29	Tu	R. I. ratified constitution, 1790	4 27	7 28	10 05	3	5 54	7 00	9 35
30	We	Joan of Arc burned at stake, 1431	4 26	7 29	10 56	3	4 54	7 01	10 26
31	Th	Battle at Fair Oaks, 1862	4 26	7 30	11 42	2	4 54	7 01	11 15

MAY 1945

5th Month
31 Days

MOON'S PHASES, E. S. T.

- Last Quarter, 1:02 A.M., 5th
- New Moon, 3:21 P.M., 11th
- First Quarter, 5:12 P.M., 18th
- Full Moon, 8:49 P.M., 26th

★ ★ READY REFERENCE CALENDARS ★ ★

1945	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN.	....	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	....	....	....
FEB.	....	....	....	....	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	....	....	....
MAR.	....	....	....	....	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
APR.	....	....	....	....	....	....	....
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	....	....	....	....	....
MAY	....	....	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	....	....
JUNE	....	....	....	....	....	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	....	....	....	....	....	....	....

1945	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31	....	....	....	....
AUG.	....	....	....	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	....
SEP.	....	....	....	....	....	....	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	....	....	....	....	....	....
OCT.	....	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	....	....	....
NOV.	....	....	....	....	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	....
DEC.	....	....	....	....	....	....	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	....	....	....	....	....

1946	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN.	....	....	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	....	....
FEB.	....	....	....	....	....	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	....	....
MAR.	....	....	....	....	....	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	....	....	....	....	....	....
APR.	....	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	....	....	....	....
MAY	....	....	....	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	....
JUNE	....	....	....	....	....	....	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	....	....	....	....	....	....

1946	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY	....	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	....	....	....
AUG.	....	....	....	....	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
SEP.	....	....	....	....	....	....	....
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	....	....	....	....	....
OCT.	....	....	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	....	....
NOV.	....	....	....	....	....	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
DEC.	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31	....	....	....	....

Does Your Diet Lack "CELLULOSIC ELEMENTS"?

WHEN you eat food you take in more than fuel for energy — more than the protective food elements, vitamins and minerals. Some foods also provide "cellulosic elements."

These elements are often called "bulk." This bulk is not readily digested like the other parts of the food — it reaches the lower colon more or less intact, and is thus available there to help bring about laxation.

And when we say "bulk" we do not mean something that swells 'way up when saturated with water. We mean natural food bulk which hardly expands at all.

What May Happen

Diets are often haphazard or habit. And just as your diet can be short of vitamins and minerals, so can it be short of this "cellulosic bulk." In fact lack of this bulk in diets is a *common cause of constipation.*

And so, if you'd rather not be troubled with constipation, perhaps you'd like to include in *your* diet, foods known to be a good source of smooth-acting regulating "bulk."

Normal Sources of Bulk

Various foods supply this bulk — vegetables in particular. But vegetables today frequently have much of this "bulk" removed in preparation.

One popular everyday cereal food provides "bulk" in abundance. It's Kellogg's ALL-BRAN. Here's a grand breakfast cereal you can eat *every day,* and like it. It is particularly delightful with fruits and, of course, in fluffy brown muffins — and ALL-BRAN is not habit forming — is not irritating to persons with normal intestines.

And since Kellogg's ALL-BRAN is a uniformly processed cereal, you can depend on getting a uniform amount of natural food bulk.

Popular Source of Bulk

Millions of people eat Kellogg's ALL-BRAN regularly for its smooth laxative action. It is, by far, America's most popular regulating food. For constipation due to lack of bulk in the diet, all you do is eat ALL-BRAN regularly, and drink plenty of water. A one ounce dish eaten daily is usually adequate to help normal laxation. Whats more, Kellogg ALL-BRAN does not interfere with normal digestion. It is triple-milled to golden softness.

In addition, this crunchy, nut-brown cereal is a storehouse of essential nutrients including iron, phosphorus, calcium and certain vitamins. For Kellogg's ALL-BRAN is made from the VITAL OUTER LAYERS of finest wheat, where Nature has stored most of the grain's protective nutrients.

JUNE 1945

6th Month
30 Days

MOON'S PHASES, E. S. T.

- Last Quarter, 8:15 A.M., 3d
- New Moon, 11:26 P.M., 9th
- First Quarter, 9:05 A.M., 17th
- Full Moon, 10:08 A.M., 25th

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon rises h. m.	Sun Fast	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon rises h. m.
1	Fr	James Buchanan died, 1868	4 25	7 30	morn	2	4 53	7 02	11 59
2	Sa	Third Battle of Ypres, 1916	4 25	7 31	0 22	2	4 53	7 02	morn
3	Su	**1st Sunday after Trinity**	4 24	7 31	0 57	2	4 53	7 03	0 39
4	Mo	King George III born, 1738	4 24	7 32	1 27	2	4 53	7 04	1 16
5	Tu	All-Bran Waffles for supper	4 24	7 33	1 57	2	4 52	7 04	1 51
6	We	Chamberlain flew to Europe, 1927	4 23	7 33	2 28	2	4 52	7 05	2 29
7	Th	Lick Observatory site granted, 1876	4 23	7 34	2 59	1	4 52	7 05	3 07
8	Fr	Paper money 1st issued in N. Y., 1709	4 23	7 35	3 30	1	4 52	7 06	3 44
9	Sa	1st postal route established, 1690	4 22	7 35	sets	1	4 52	7 06	sets
10	Su	**2nd Sunday after Trinity**	4 22	7 36	8 18	1	4 52	7 07	7 49
11	Mo	Serbians invaded Albania, 1915	4 22	7 37	9 21	1	4 51	7 07	8 51
12	Tu	N. Y. City incorporated, 1665	4 22	7 37	10 14	0	4 51	7 08	9 46
13	We	Francis Dana born, 1743	4 22	7 38	11 00	0	4 51	7 08	10 33
14	Th	Treaty of Samoa signed, 1889	4 22	7 38	11 35	S	4 51	7 09	11 15
15	Fr	Flood in Paris, 1914	4 21	7 39	morn	0	4 51	7 09	11 51
16	Sa	1st settlement in Kentucky, 1774	4 21	7 39	0 06	0	4 51	7 09	morn
17	Su	**3d Sunday after Trinity**	4 21	7 40	0 34	1	4 51	7 10	0 22
18	Mo	Battle of Waterloo, 1815	4 21	7 40	0 58	1	4 51	7 10	0 52
19	Tu	Baltic Canal opened, 1895	4 21	7 40	1 22	1	4 52	7 11	1 22
20	We	Cloudburst in Breslau, 1912	4 22	7 41	1 46	1	4 52	7 11	1 48
21	Th	Alexander J. Dallas born, 1759	4 22	7 41	2 10	2	4 52	7 11	2 18
22	Fr	Croton aqueduct opened, 1842	4 22	7 41	2 35	2	4 52	7 11	2 50
23	Sa	Penn Treaty with Indians, 1683	4 22	7 41	3 06	2	4 53	7 11	3 25
24	Su	**4th Sunday after Trinity**	4 23	7 42	3 41	2	4 53	7 11	4 04
25	Mo	Try recipes with All-Bran	4 23	7 42	rises	2	4 53	7 11	rises
26	Tu	Battle at Mechanicsville, 1862	4 23	7 42	8 53	3	4 54	7 12	8 22
27	We	Union Veterans Pension act, 1890	4 24	7 42	9 41	3	4 54	7 12	9 11
28	Th	Archduke Ferdinand assassinated, 1914	4 24	7 42	10 23	3	4 54	7 12	9 58
29	Fr	Tea Tax imposed on colonists, 1767	4 24	7 41	11 00	3	4 55	7 12	10 40
30	Sa	Congress estab. Indian Territory, 1834	4 25	7 41	11 32	3	4 55	7 12	11 18

★ ★ HOW TO DISPLAY THE FLAG ★ ★

When flown from a staff projecting from a building, the union should be at the head of the staff. The flag must not touch the ground.

When flown with a group of flags, the flag of the United States should be in the center or at the highest point.

When displayed on a wall with another flag, the flag of the United States should be at the spectator's left (the flag's right).

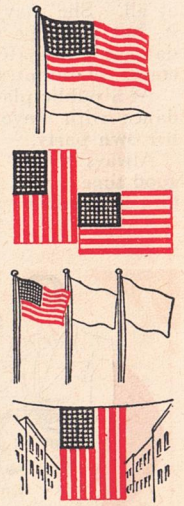
Carried in procession with other flags, our flag should be either at the right or at the center in front. It must not be dipped in salute.

When flown with the flags of states, cities, etc., on the same standard, the flag of the United States should always be at the top.

Displayed flat against a wall or in a window, the union must always be at the spectator's left.

Flags of two or more nations should be of the same size and flown at the same height, with our flag at the observer's left.

Flown in the middle of a street, the union should be to the east in a north-south street, to the north in an east-west street.



SOME ELEMENTS OF ETIQUETTE

GOOD manners are based entirely upon consideration of others. If it will embarrass or inconvenience others to follow the exact rules, then it is good form not to follow them.

Introductions

A younger person is always introduced to an older one, a gentleman always to a lady, even if the ladv is a young girl.

The correct form is "Mrs. Doe, may I present Mr. Roe?" More informally, the names only may be used, the name of the person to whom the introduction is made being first and slightly accented. "*Mrs. Doe*—Mr. Roe."

Sons or daughters are introduced by their first names only, unless the daughters are married. "*Mrs. Doe*—my son John." Husbands are introduced by their first names or merely as "my husband." It is poor form to refer to your husband as "Mr. Blank," except to social inferiors.

Party Etiquette

The first thing to do at a large party is to find and greet one's host and hostess.

At home parties, a woman must dance with anyone who asks or refuse to dance at all. She may plead fatigue to avoid it, but must be careful not to be seen dancing animatedly with someone a couple of minutes later.

At a public place, a woman should not dance with anyone except members of her own party.

Always try to arrive at any party in good time. And in leaving, the host and hostess should be thanked.

Table Manners

These depend largely upon the occasion. Do not be stiff and stilted at a party.

Do not fuss with silver or dishes. Do not try to dominate a conversation. Never make a speech to the whole table.

If the hostess is careful there will be no confusion with the silverware. Merely use the necessary pieces from the outside for each course.

"Fingers or fork" is a frequent problem. The answer is to use fingers on such things as cake, sandwiches, etc., only when you will not soil them. Otherwise use a fork.

Assorted Don'ts

Don't fail to write letters, after a visit, in case of illness, or when a letter will show thoughtfulness. Write simply, kindly and sincerely. Whether one should address the letter to "Dear Mary" or "Dear Mrs. Jones" and whether one should sign it "Agnes" or "Agnes Allerton Smith" depends upon the degree of intimacy. Of course, one must never sign a letter "Mrs. James V. Smith."

Don't be haughty with servants or subordinates. Charming women can make servants like them without losing "caste." When visiting a house several times, speak to the various servants known by name.

Don't display money or possessions ostentatiously. Don't remark about how much this article or that cost. And don't ask what they cost if they belong to another, unless it is a very intimate friend.

Don't say "Pardon me" or "Thanks." All such abbreviations are poor taste. Say, instead, "Thank you very much" and "I beg your pardon."

JULY 1945

7th Month
31 Days

MOON'S PHASES, E. S. T.

- ☾ **Last Quarter,** 1:13 P.M., 2d
- ● **New Moon,** 8:35 A.M., 9th
- ☽ **First Quarter,** 2:01 A.M., 17th
- ○ **Full Moon,** 9:25 P.M., 24th
- ☾ **Last Quarter,** 5:30 P.M., 31st

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon rises h. m.	Sun Slow	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon rises h. m.
1	Su	**5th Sunday after Trinity**	4 25	7 41	morn	4	4 56	7 12	11 54
2	Mo	N. J. adopted constitution, 1776	4 26	7 41	0 01	4	4 56	7 12	morn
3	Tu	Samuel de Champlain born, 1567	4 26	7 41	0 30	4	4 57	7 12	0 30
4	We	Vicksburg surrendered, 1863	4 27	7 41	0 59	4	4 57	7 12	1 03
5	Th	Henry Barnard died, 1900	4 28	7 41	1 30	4	4 57	7 12	1 41
6	Fr	Congress adopted money system, 1785	4 28	7 40	2 05	5	4 58	7 11	2 21
7	Sa	Santo Domingo surrendered, 1809	4 29	7 40	2 43	5	4 58	7 11	3 06
8	Su	**6th Sunday after Trinity**	4 29	7 40	3 32	5	4 59	7 11	3 58
9	Mo	Davis nominated, 1924	4 30	7 39	sets	5	4 59	7 11	sets
10	Tu	Banana All-Bran Nut Bread	4 31	7 39	8 52	5	5 00	7 10	8 24
11	We	Andree Balloonists left for Pole, 1897	4 31	7 38	9 33	5	5 00	7 10	9 09
12	Th	H. Hudson sighted America, 1609	4 32	7 38	10 07	5	5 01	7 10	9 47
13	Fr	Union of Pennsylvania chartered, 1753	4 33	7 37	10 35	6	5 01	7 09	10 21
14	Sa	Paul Kruger died, 1904	4 33	7 37	10 59	6	5 02	7 09	10 51
15	Su	**7th Sunday after Trinity**	4 34	7 36	11 21	6	5 02	7 09	11 20
16	Mo	Battle at Stony Point, 1779	4 35	7 36	11 44	6	5 03	7 08	11 45
17	Tu	Farm Loan Bank Act passed, 1916	4 36	7 35	morn	6	5 03	7 08	morn
18	We	Wm. W. Thackeray born, 1811	4 37	7 34	0 10	6	5 04	7 08	0 16
19	Th	Try tasty recipes with All-Bran	4 38	7 34	0 37	6	5 05	7 07	0 48
20	Fr	Lafayette camp. Malvern Hill, 1871	4 39	7 33	1 05	6	5 05	7 07	1 21
21	Sa	Chateau Thierry captured, 1918	4 40	7 32	1 39	6	5 06	7 06	2 00
22	Su	**8th Sunday after Trinity**	4 41	7 31	2 16	6	5 07	7 06	2 42
23	Mo	Brodie jumped from bridge, 1886	4 42	7 30	3 03	6	5 07	7 05	3 31
24	Tu	Lunch, All-Bran Gingerbread	4 43	7 29	rises	6	5 08	7 05	rises
25	We	Henry Knox born, 1750	4 44	7 28	8 17	6	5 09	7 04	7 54
26	Th	Typhoon in Luzon, 1920	4 45	7 27	8 57	6	5 10	7 04	8 38
27	Fr	Whalley & Goffe r. Boston, 1660	4 46	7 26	9 31	6	5 10	7 03	9 18
28	Sa	14th Amendment became law, 1868	4 47	7 25	10 02	6	5 11	7 02	9 55
29	Su	**9th Sunday after Trinity**	4 48	7 24	10 31	6	5 12	7 01	10 30
30	Mo	Wm. Penn died, 1718	4 49	7 24	11 00	6	5 12	7 00	11 04
31	Tu	Graf Zeppelin began W. voyage, 1929	4 50	7 23	11 31	6	5 13	6 59	11 41

★ ★ SPECIAL DAYS TO REMEMBER ★ ★

Wedding Anniversaries

First, Paper
Second, Cotton
Third, Leather
Fourth, Fruit and Flowers
Fifth, Wood
Sixth, Sugar and Candy
Seventh, Wool
Eighth, Pottery
Ninth, Willow
Tenth, Tin
Eleventh, Steel
Twelfth, Silk and Linen
Thirteenth, Lace
Fourteenth, Ivory
Fifteenth, Crystal
Twentieth, China
Twenty-Fifth, Silver
Thirtieth, Pearl
Thirty-Fifth, Coral
Fortieth, Ruby
Forty-Fifth, Sapphire
Fiftieth, Gold

Church Days

1945

Easter Sunday . . . April 1
Low Sunday . . . . April 8
Rogation Sunday . . May 6
Ascension Day . . May 10
Pentecost - Whit Sunday . . . . . May 20
Trinity Sunday . . May 27
Corpus Christi . . May 31
St. John Baptist . June 24
Michaelmas . . . . Sept. 29
St. Andrew . November 30
First Sunday in Advent . . . December 2
St. Thomas . December 21
Christmas . December 25
St. John . . . December 27

1946

Epiphany . . . . January 6
Septuagesima . . . Feb. 17
Quinquagesima . March 3
Ash Wednesday . March 6
First Sunday in Lent . . . . . March 10
St. Patrick . . . . March 17
Annunciation - Lady Day . . March 25

"I wish to submit this voluntary testimonial about KELLOGG'S ALL-BRAN as a remedy for constipation. For years I found it necessary to take so-called patent laxatives. They gave me only partial aid. Since starting to use KELLOGG'S ALL-BRAN I have discarded artificial aids. My reason for sending this note is to help those who are in the same boat I was." Wm. F. Fraser, 90-10 Barr Place, Hudson Heights. N. J.

PARTY PLANS FOR GOOD HOSTESSES

GOOD hostesses always plan their parties in advance. They know that the most successful parties are those which have a previously announced theme. This gives the guests something exciting to look forward to and puts them in an expectant mood.

Here are some basic themes for unusual parties. The inventive hostess will be able to adapt them to her facilities and plan original touches in the way of decorations, music and food.

A Comics Party

Costume parties are always fun. So invite your guests to come dressed as the characters of their favorite newspaper comic strip. If you want to prevent duplicates, tell them what characters to impersonate. Use colored comics for decorations. Make each couple enact a sequence of adventures of the characters they represent. Or have them invent new adventures for their characters. Add dancing or cards or games and you have the "makings" of a lively time.

A Gay Nineties Party

Tell your guests that they must come in clothes which were in style fifty years ago. Decorate with old pictures and ornaments (but not valuable antiques). Play suitable records and dance the old dances. Games like charades, post office and musical chairs are in keeping. If there is an amateur photographer around, perhaps he can be persuaded to set up a "studio" and make "tintypes."

An Indoor Rodeo

This party is best if you have a rumpus room or other large room not too easily damaged. The guests are invited to come

in western costumes. Games like a roping contest, or a "round-up" variation of chain tag, or a "pony express" race with men on hands and knees carrying girls, are easily invented. Music, of course, must be western. An open "camp fire," or one simulated with electric bulbs, provides an opportunity for close harmony singing, and a theme for refreshments.

A Monte Carlo Party

This requires a roulette wheel, cards, dice, gambling tables, etc. Most of these can easily be borrowed. Guests are invited to gamble for high stakes, but they can't lose a penny of real money. Each is provided with thousands of dollars in stage money, or chips, or colored paper slips to represent money. Have members of the family or friends operate the games and encourage guests to move around. Tell them that if they go broke they cannot borrow or buy more "money." At a predetermined time stop the games and give prizes to those with the most "money." Or auction off the prizes.

AUGUST 1945

8th Month
31 Days

MOON'S PHASES, E. S. T.

- New Moon, 7:32 P.M., 7th
- First Quarter, 7:26 P.M., 15th
- Full Moon, 7:03 A.M., 23d
- Last Quarter, 10:44 P.M., 29th

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon rises h. m.	Sun Slow	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon rises h. m.
1	We	Japan at war with China, 1894	4 51	7 21	morn	6	5 13	6 59	morn
2	Th	Warren G. Harding died, 1923	4 52	7 20	0 05	6	5 14	6 58	0 20
3	Fr	Columbus sail. from Palos, Spain, 1492	4 53	7 19	0 42	6	5 15	6 57	1 03
4	Sa	Cornwallis retired to Yorktown, 1781	4 54	7 18	1 25	6	5 16	6 56	1 51
5	Su	**10th Sunday after Trinity**	4 55	7 17	2 16	6	5 17	6 56	2 44
6	Mo	Try All-Bran and Honey	4 56	7 16	3 13	6	5 17	6 55	3 41
7	Tu	Peace Bridge dedicated, 1927	4 57	7 14	sets	6	5 18	6 54	sets
8	We	Battle at Cedar Mountain, 1862	4 58	7 13	8 04	6	5 18	6 53	7 44
9	Th	Francis Scott Key born, 1780	4 59	7 12	8 35	5	5 19	6 52	8 19
10	Fr	Greenwich Observatory founded, 1675	5 00	7 11	9 02	5	5 19	6 51	8 52
11	Sa	Fulton's Steamer test run, 1807	5 01	7 09	9 27	5	5 20	6 50	9 21
12	Su	**11th Sunday after Trinity**	5 02	7 07	9 48	5	5 21	6 49	9 48
13	Mo	Cortez took Mexico, 1521	5 03	7 06	10 13	5	5 21	6 48	10 18
14	Tu	French captured Fort Oswego, 1756	5 04	7 04	10 38	5	5 22	6 47	10 48
15	We	Panama Canal opened, 1914	5 05	7 03	11 04	4	5 23	6 46	11 20
16	Th	1st message over Atlantic cable, 1858	5 06	7 01	11 35	4	5 23	6 45	11 55
17	Fr	David Crockett born, 1786	5 08	7 00	morn	4	5 24	6 44	morn
18	Sa	Belgian debt funded, 1925	5 09	6 59	0 11	4	5 25	6 43	0 35
19	Su	**12th Sunday after Trinity**	5 10	6 57	0 53	4	5 26	6 42	1 20
20	Mo	Ashburton Treaty, 1842	5 11	6 56	1 45	3	5 26	6 41	2 12
21	Tu	Amer. Army crossed Hudson, 1781	5 12	6 55	2 44	3	5 27	6 40	3 10
22	We	M. Collins assassinated, 1922	5 13	6 53	3 51	3	5 28	6 39	4 14
23	Th	New Mexico annexed to U. S., 1846	5 14	6 52	rises	3	5 28	6 37	rises
24	Fr	Massacre of Huguenots, 1572	5 15	6 50	8 03	2	5 29	6 36	7 51
25	Sa	All-Bran is rich in iron	5 17	6 49	8 34	2	5 29	6 34	8 29
26	Su	**13th Sunday after Trinity**	5 18	6 47	9 04	2	5 30	6 33	9 04
27	Mo	Joseph Reed born, 1741	5 19	6 45	9 34	1	5 31	6 32	9 41
28	Tu	Battle of Fort Hatteras, 1861	5 20	6 43	10 06	1	5 31	6 31	10 20
29	We	French cols. land, Florida, 1565	5 21	6 41	10 42	1	5 32	6 30	11 02
30	Th	Planet Neptune discovered, 1846	5 22	6 39	11 23	1	5 32	6 29	11 48
31	Fr	Delaware granted to Wm. Penn, 1682	5 23	6 38	morn	0	5 33	6 28	morn

★ ★ REFRESHMENT SUGGESTIONS ★ ★

PARTY TREAT IN A HURRY: Melt twelve ounces semi-sweet or milk chocolate over hot water. Add three cups Kellogg's Pep, stirring until each flake is well coated. Drop by teaspoonfuls onto wax paper or spread in greased pan and cut into squares when cool.

* * *

HONEY KRISP SUNDAE is an easy dessert especially popular with the pig-tail crowd. Cover a ball of vanilla ice cream with slightly warm honey, sprinkle generously with Kellogg's Rice Krispies.

* * *

CRUSTED SWEET POTATOES is another "Honey" particularly good for Church or Club Suppers. Dip slices of cooked sweet potatoes in honey and then in crushed Kellogg's Corn Flakes. Place in greased pan, dot with butter or margarine and bake about twenty minutes in a moderate oven. Serve piping hot with ham n'biscuits.

FAVORITE CHIFFON PIE with a Crumb Crust: Roll four cups Kellogg's Corn Flakes into fine crumbs. Mix well with one-third cup melted butter or margarine and one-fourth cup sugar. Press firmly around sides and bottom of pie pan. Chill thoroughly. Fill with favorite Chiffon Filling recipe.

* * *

CHOP SUEY becomes a company dish when served with Kellogg's Rice Krispies —buttered and hot from the oven.

* * *

For a set of "Special Occasion Recipes" write to

Home Economics Department
KELLOGG COMPANY
Battle Creek, Michigan

SCIENCE WORKS FOR HOMEMAKERS

GLASS test tubes of scientific research are today's prophetic crystal balls, foretelling the shape of things to come.

From the laboratory, science steps into America's home sweeping aside out-dated methods in favor of more comfortable and more healthful living.

The turn of the century saw electricity introduced for general home use. Then came the electric washing machine, and the vacuum cleaner. In the next decade, the word "vitamin" became part of the vocabulary. Later, radio stations brought information about all these developments to millions of homemakers.

Soon such fields as industrial design and nutrition took their place beside science. And laboratory researchers continued to study and test to improve food, to make fabrics more durable, and to add color and interest to everything used in everyday living.

Designers and manufacturers showed where science had paved the way to cutting down time spent on household jobs. They introduced gadgets like potato peelers, orange-juicers, magic mixers, appliances taken for granted today, to be replaced perhaps by even better ones tomorrow.

The farmer, too, is guided by science. Food that comes to market is scientifically produced, matched, and graded for quality. Food processors and manufacturers prepare it in scientifically laid out plants. At the Kellogg Company, the famous Kellogg ready-to-eat cereals are packaged with an inner wax bag to keep the cereal fresh and crisp. Science controls the temperature of the ovens toasting golden wheat and corn cereals. Science is behind the process which restores these famous cereals to whole grain nutritive value. This process puts back the vitamins and minerals which may be lost in the manufacturing process.

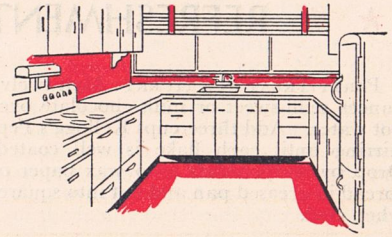
Yes, science brings its findings from test tube and laboratory to the dinner table and fireside everyday, contributing to the health and happiness of millions.

Future Kitchen

Blueprint for tomorrow! A kitchen where old-fashioned warmth and the streamlined efficiency of an architect's dream will be magically incorporated!

Working surfaces, smooth and stainless, will mean smooth-sailing for the housewife. Scientifically built surface heights will lighten and speed the most tedious of jobs.

Cabinet space will be skillfully designed to combine storage space for food, a place for working utensils, refrigeration and freezer space, and a sink and dish-washing section. Automatic dish-washers will sterilize, as well as wash and rinse dishes,



just as they are now doing in Army camps and restaurants. Ranges with perfect heat control will make it possible to cook the evening meal in the morning and have the rest of the day free. Ventilating systems and fans will banish any unpleasant cooking odors.

But the kitchen will serve for more than a "cooking room." A built-in breakfast nook or a comfortable window seat come into the plan. Color, easy on the eyes, will make it a more pleasant place to be. Tomorrow's kitchen will be designed both for living and working, and here again, science will play a major role in blending efficiency with beauty in one of the most important rooms in the house.

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon rises h. m.	Sun Fast	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon rises h. m.
1	Sa	Tokyo destroyed by earthquake, 1923	5 24	6 36	0 12	0	5 34	6 26	0 39
2	Su	**14th Sunday after Trinity**	5 25	6 35	1 06	0	5 35	6 24	1 33
3	Mo	Independ. Tr. signed, Paris, 1783	5 26	6 33	2 06	1	5 35	6 23	2 32
4	Tu	H. Hudson landed at S. Hook, 1609	5 27	6 32	3 09	1	5 36	6 22	3 32
5	We	Sen. Lafollette renominated, 1922	5 28	6 30	4 14	1	5 37	6 21	4 32
6	Th	Naval revolt in Brazil, 1893	5 29	6 28	sets	2	5 37	6 19	sets
7	Fr	Eli Perkins born, 1839	5 30	6 26	7 29	2	5 38	6 18	7 22
8	Sa	Harvard College founded, 1636	5 31	6 24	7 51	2	5 38	6 17	7 51
9	Su	**15th Sunday after Trinity**	5 32	6 22	8 15	3	5 39	6 16	8 19
10	Mo	All-Bran Date Bars for lunch	5 33	6 20	8 40	3	5 40	6 14	8 48
11	Tu	Battle of Brandywine, 1777	5 35	6 19	9 05	3	5 40	6 13	9 18
12	We	John Henry Hobart died, 1830	5 36	6 17	9 34	4	5 41	6 11	9 52
13	Th	Alaska gold strike, 1914	5 37	6 15	10 07	4	5 42	6 10	10 29
14	Fr	Franklin made minister to France, 1778	5 38	6 14	10 45	4	5 42	6 09	11 11
15	Sa	Try All-Bran and prunes	5 39	6 12	11 32	5	5 43	6 07	11 59
16	Su	**16th Sunday after Trinity**	5 40	6 10	morn	5	5 43	6 06	morn
17	Mo	Germany ratified Peace Treaty, 1921	5 41	6 08	0 27	5	5 44	6 05	0 54
18	Tu	Joseph Story born, 1779	5 42	6 06	1 29	6	5 45	6 03	1 54
19	We	Sleeping car patented, 1854	5 43	6 04	2 38	6	5 45	6 02	2 59
20	Th	Magellan began world voyage, 1519	5 44	6 02	3 51	6	5 46	6 01	4 06
21	Fr	Gas Plant exp. on Rhine, 1921	5 45	6 00	rises	7	5 46	5 59	rises
22	Sa	Daniel Boone died, 1820	5 46	5 59	7 00	7	5 47	5 58	7 00
23	Su	**17th Sunday after Trinity**	5 47	5 57	7 32	7	5 48	5 57	7 37
24	Mo	Ft. Orange sur. to English, 1664	5 48	5 55	8 04	8	5 49	5 55	8 15
25	Tu	All-Bran Pancakes	5 49	5 54	8 40	8	5 49	5 54	8 58
26	We	Bennett J. Doty pardoned, 1927	5 50	5 52	9 20	9	5 50	5 52	9 44
27	Th	Edwin Booth's N. Y. debut, 1850	5 51	5 50	10 08	9	5 51	5 51	10 34
28	Fr	Penn. adopted state constitution, 1776	5 52	5 49	11 02	9	5 51	5 50	11 29
29	Sa	Italian Turkish war began, 1911	5 54	5 47	morn	10	5 52	5 48	morn
30	Su	**18th Sunday after Trinity**	5 55	5 45	0 01	10	5 53	5 47	0 27

SEPTEMBER 1945

9th Month
30 Days

MOON'S PHASES, E. S. T.

- New Moon, 8:43 A.M., 6th
- First Quarter, 0:38 P.M., 14th
- Full Moon, 3:46 P.M., 21st
- Last Quarter, 6:24 A.M., 28th

MAKE YOUR OWN WEATHER FORECASTS

YOU can forecast the weather accurately many hours ahead, if you have a good barometer. A good instrument of the aneroid type is better than a cheap barometer with useless rain, change, etc., markings. You have only to observe whether the barometer is rising, falling or steady, and the direction of the wind. The following table will then help you forecast the weather. It is accurate for most parts of the country but you must learn your local weather peculiarities.

BAROMETER	WIND	FORECAST
High, steady	Westerly	Continued fair, little temperature change
High, rising rapidly	Westerly	Fair, precipitation within two days
High, falling slowly	Westerly	Fair, becoming warmer
High, falling slowly	South or southeast	Precipitation within one day
High, falling rapidly	South or southeast	Increasing wind, precipitation within day
High, falling slowly	Easterly	Precipitation in 18 hours or less
High, falling rapidly	Easterly	Increasing wind, precipitation in 18 hours
High, falling slowly	East or northeast	Light winds, precipitation within 2 days
High, falling rapidly	East or northeast	Increasing wind, precipitation soon
Low, falling slowly	Easterly	Continued precipitation for one day
Low, falling rapidly	Easterly	Precipitation and wind, clearing in 2 days
Low, rising slowly	South or southwest	Clearing quickly, continued fair to follow
Low, falling rapidly	South or east	Heavy storm very soon, clearing in 1 day
Low, falling rapidly	East or north	Gale and precipitation, turning colder
Low, rising rapidly	Turning westerly	Clearing quickly, probably colder

MORE NUTRITION IN YOUR MEALS

THE general well-being of your family depends on their food. Their daily diet must contain adequate amounts of minerals, starchs, fats, sugars, vitamins and other food essentials. This necessity for "balanced" meals is well understood by the intelligent American housewife.

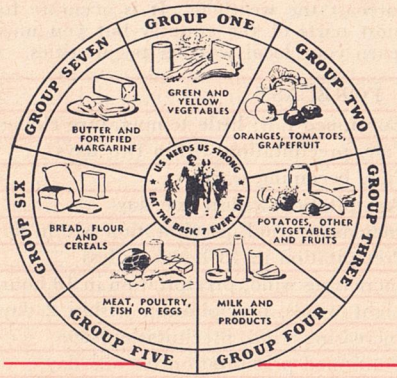
Making "Balancing" Easier

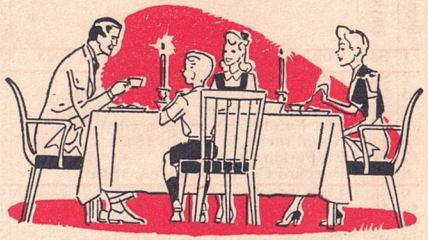
Most foods are valuable for more than one reason. Most of them provide more than one nutritive essential. And most of them contain more than one vitamin.

To list all foods and their principal contributions to a good diet would be both lengthy and confusing. That is why the Food Wheel shown here has been prepared. It makes the preparation of "balanced" meals relatively simple.

In the Food Wheel, all foods are divided into seven general groups. A reasonably balanced diet can be assured by providing each member of your family with at least one serving of each of the seven food groups every day.

GROUP ONE—*Green and Yellow Vegetables.* Provide minerals, vitamins and necessary bulk. Canned vegetables may be alternated with fresh (raw or cooked) or frozen vegetables. Serve one or more big helping to everybody every day.





GROUP TWO — *Oranges, Tomatoes, Grapefruit.* Principal source of Vitamin C. Serve whole or as juices. Raw cabbage or salad greens are also good sources of Vitamin C. One serving of Vitamin C Food each day.

GROUP THREE—*Potatoes and Other Vegetables and Fruits.* Provide body regulators, essential nutrients, vitamins. Serve fruits and vegetables frequently (at least twice a day) using raw, cooked, dried, frozen or canned products.

GROUP FOUR—*Milk and Milk Products.* Rich in mineral, proteins and vitamins. Each child should have 1½ pints to 1 quart daily, each adult at least one pint. May be served in custards and cooked dishes, as well as in fluid form.

GROUP FIVE—*Meat, Poultry, Fish, Eggs.* These are the tissue builders. They also contain valuable minerals and vitamins. One of them should be served every day. Dried beans (including soybeans) peas, nuts and peanut butter contain many of the same values and may be substituted occasionally.

GROUP SIX—*Bread, Flour, Cereals,* Provide energy values, minerals and vitamins. Serve foods made of whole grain cereals frequently. All Kellogg cereals are restored to whole grain values during processing.

GROUP SEVEN—*Butter and Fortified Margarine.* Excellent sources of energy fats and resistance Vitamin A. Margarine fortified with Vitamin A is preferable. Serve in moderation.

Write to the Home Economics Department, KELLOGG COMPANY, Battle Creek, Michigan, for nutrition folders — Calories in Food, Food Selection and Vitamins in Food. Helpful to the homemaker and suitable for use in Study Clubs and in Adult Education classes.

7

TESTED RECIPES FROM THE

Cottage Kitchen

The Home Economics Kitchen of the Kellogg Company is more than an experimental laboratory. Home equipment and home conditions are duplicated as nearly as possible so any homemaker should be able to follow Kellogg Approved Recipes successfully.

WHEAT · CORN · RICE · KELLOGG'S CEREALS

All-Bran Muffins

2 tablespoons shortening
2 tablespoons sugar
1 egg
1 cup Kellogg's All-Bran
¾ cup milk
1 cup sifted flour
½ teaspoon salt
2½ teaspoons baking powder

Cream shortening and sugar thoroughly; add egg and beat well. Stir in All-Bran and milk; let soak until most of moisture is taken up. Sift flour with salt and baking powder; add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in moderate oven (400° F.) 25 to 30 min.

Yield: 8 2¼ inch muffins.

Note: when sour milk or buttermilk is used instead of sweet milk, reduce baking powder to one teaspoon and add ½ teaspoon soda.

For variety add ½ cup raisins or ½ cup chopped nutmeats to muffin batter with dry ingredients. Or sprinkle cinnamon sugar over top of each muffin before baking.

Refrigerator Rolls

½ cup shortening
¼ cup sugar
2 cups Kellogg's All-Bran
2 teaspoons salt
1 cup boiling water
2 eggs, well beaten
2 cakes compressed yeast
1 cup lukewarm water
6 (or more) cups sifted flour

Add boiling water to shortening, sugar, All-Bran and salt. Stir until shortening is melted. Let stand until lukewarm. Add eggs and yeast softened in lukewarm water. Add half the flour and beat until smooth; add remaining flour, mix well. (May now be stored in refrigerator until needed). Let rise until double in bulk; punch down. Form balls of dough to half fill greased muffin pans. Let rise in a warm place about two hours or until double in bulk. Bake in a moderately hot oven (425° F.) about 15 minutes.

Yield: 4 doz. rolls (2¼ ins. in diameter).

Molasses Balls or Squares

¾ cup molasses
½ cup sugar
1 package (5½ oz.) Kellogg's Rice Krispies

Cook molasses and sugar together over direct heat to temperature of 240° F. (soft ball in cold water). Put Rice Krispies in buttered bowl; pour on syrup, stirring slowly. While hot, form into balls or press into shallow pan and cut into bars when cool.

Yield: 22 balls (1¾ inches in diameter) or 32 bars (1⅛ x 2¼ inches).

ALL-BRAN Raisin Bread

1 egg
¼ cup sugar
¼ cup molasses
1 cup sour milk or buttermilk
2 tablespoons shortening
2½ cups sifted flour
2 teaspoons baking powder
1½ teaspoons salt
½ teaspoon soda
½ cup chopped raisins
1 cup Kellogg's All-Bran

Beat egg well. Add sugar, molasses, milk, melted and cooled shortening and All-Bran; mix well; let stand until most of moisture is taken up. Sift flour, baking powder, salt and soda together; add to first mixture with raisins and stir only until flour disappears. Spread in greased loaf pan with waxed paper in the bottom. Bake in moderate oven (350° F.) about 1 hour.

Yield: 1 loaf (4½ x 9½ inch pan).

Crisp Corn Flake Cookies

½ cup shortening
½ cup sugar
2 teaspoons grated orange rind
2 cups Kellogg's Corn Flakes
1¾ cups sifted flour
2 teaspoons baking powder
¼ teaspoon salt
⅓ cup milk

Blend shortening and sugar thoroughly; add orange rind. Crush Corn Flakes into fine crumbs. Sift flour, baking powder and salt together; mix with crumbs. Add to first mixture alternately with milk and mix well. Chill dough; roll thin on floured board, cut with 2¼-inch floured cookie cutter. Bake on greased baking sheets in moderately hot oven (425° F.) about 12 minutes. Place nutmeats or raisins on top of cookies before baking if desired.

Yield: 3 doz. cookies (2½-in. diameter).

Lazy Daisy Cake

2 eggs
1 teaspoon vanilla
1 cup sugar
1 cup sifted cake flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup milk
2 tablespoons butter

Beat eggs and vanilla until thick and creamy. Gradually add sugar. Sift together flour, baking powder and salt; add to beaten eggs. Heat milk and butter to boiling point and add. Spread batter in greased pan. Sprinkle topping over batter. Bake in moderate oven (350° F.) 30-40 minutes. Yield: 1 cake (8 x 8 x 2 inches).

TOPPING

1½ cups Kellogg's Rice Krispies
2 tablespoons brown sugar
1 tablespoon melted butter

Crush Rice Krispies into fine crumbs. Mix lightly with sugar and butter. Sufficient topping for one cake (8″ x 8″ x 2″).

ALL-BRAN Applesauce Cookies

½ cup shortening
1 cup sugar
1 egg
1 teaspoon soda
1 cup sweetened applesauce
1¾ cups sifted flour
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon cloves
½ teaspoon salt
1 cup raisins
1 cup Kellogg's All-Bran

Blend shortening and sugar, add egg and beat well. Add soda to applesauce. Sift flour with spices and salt; add to first mixture alternately with applesauce. Add raisins and All-Bran. Drop by teaspoonfuls onto greased baking sheet, about two inches apart to allow for spreading. Bake in moderate oven (375° F.) 15-20 minutes.

Yield: 3 doz. cookies (2½ in. diameter).

Each member of my family has a keen sense of taste — and they like variety. And, of course, *I'm* interested in serving them nourishing food, especially to start the day.

So I keep a full line of Kellogg's Cereals on my pantry shelf. They're all delicious, they're all different and they're all nutritious. The "Kellogg" name means they're always good, too. Not to mention the time, effort and expense they save.

Then, I serve them to the "starving" youngsters between meals, for lunches, for bedtime snacks — and they play an important role in much of my cooking.

So — I can recommend them *all!*

Kellogg's CEREALS

FOR BREAKFAST · LUNCHEON · SNACKS

HOW TO TEACH CHILDREN TO COOK

MANY wise mothers teach their daughters to cook at an early age. They realize that a knowledge of cooking is valuable to every woman, even if it is not practiced in later years.

Thoughts for Mother

Here are some things which a mother should consider before she begins to teach her daughter to cook.

Teaching should be started when a girl is between ten and fourteen. Certainly not older and possibly younger.

Try to make instruction a game, not a lesson. There can be no rules for doing this, since it depends on the child's nature. But forcing your daughter to learn makes her regard it as work.

Do not teach your daughter to cook with the thought that it will lighten your work. This attitude may make her dislike it. The instruction you give her should be solely for her benefit.

Praise is the best incentive in the world. When she does well, tell her. Persuade her father to praise her cooking, too.

First Steps

Before she does any real cooking your daughter must learn her "tools and supplies." She should know the names and purposes of utensils and foodstuffs.

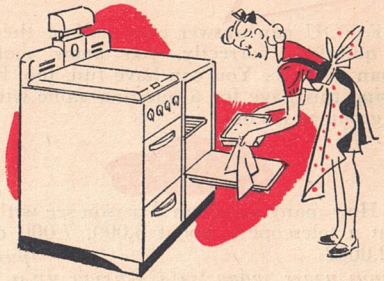
She should know that cleanliness comes first with good cooks. Hands and face must be as spic and span as utensils and work surfaces. A clean apron must be worn to protect clothes. And *really* good cooks rarely even spot the apron.

She should learn that time is saved by reading the recipe carefully first and then having all necessary utensils and materials at hand before beginning. And that success is best assured by following directions exactly.

She must understand the range, knowing how to light it and control its temperature.

Finally, she must learn that range, utensils and working surfaces must be cleaned and made neat immediately after her cooking is finished.

These things should not be taught as formal lessons. They are much more quickly learned when taught by example, by answering questions thoughtfully, by interesting conversation.



First Recipes

Cooking is best learned by doing. So your daughter should try her hand at it as soon as she can. The first recipes should be simple, of course. But they should also be something she will enjoy eating. Here is an easy candy recipe that can be made in a few minutes, with a few ingredients.

Corn Flake Chews

Utensils

1 mixing bowl
1 measuring cup
1 measuring tablespoon
1 case knife
1 mixing spoon
1 small saucepan
wax paper

Ingredients

2 cups Kellogg's Corn Flakes
¾ cup brown sugar
3 tablespoons light or dark corn syrup
1 tablespoon butter

1. Grease mixing bowl lightly. Put Corn Flakes into it.
2. Pack brown sugar into measuring cup to three-quarter mark. Turn into saucepan. Add corn syrup.
3. Cook over moderate heat, stirring constantly until sugar is dissolved and mixture bubbles, about 5 minutes. Add butter.
4. Pour at once over Corn Flakes, stirring carefully so that each flake is coated.
5. Drop by teaspoonfuls onto wax paper and allow to cool.

Makes about 20 1½ inch candies.

Good today — better tomorrow.

For other "Cooking for the Beginner" recipes, write to
Home Economics Department
KELLOGG COMPANY
Battle Creek, Michigan

"WELL, WHAT DO YOU KNOW?"

IF YOU can answer even half of these questions correctly, you know more than average. You can have fun, too, by using this page for a question game with a group of friends.

How many stars can a person see without a telescope? About 3,000, 7,000 or 92,000?

With average eyes, about seven thousand.

Which is the longest river, the Mississippi, the Amazon, or the Nile?

The Nile is longer than the Mississippi or the Amazon.

Which are the most deadly things in the African jungle? Crocodiles, lions, driver ants, or elephants?

Driver ants. They destroy any living thing, even elephants, in their path.

The color of honey depends upon the kind of bees which make it, the flowers it is taken from, or the time of the year?

The flowers it is made from.

Which is farther west, Reno, Nevada, or Los Angeles, California?

Reno is a little farther west.

Is there any land bird which can fly backward?

Yes. Only one — the hummingbird.

What is the difference between macaroni, vermicelli and spaghetti?

The only difference is shape. They are all made of wheat dough.

About how many muscles are in the human body? 80, 130, 300, 500?

The human body has about five hundred muscles.

How many waterfalls are there in the world higher than Niagara Falls? None, 27, 56, 132?

Fifty six, geographers say.

Has it ever been against our laws to take a bath?

Less than 100 years ago, some cities had laws against taking baths without a doctors prescription.

Where is the geographic center of the United States? In Kansas, Iowa, or Missouri?

In Smith County, Kansas.

Which bite may carry malaria, the male mosquito's or the female's?

The female's. The male mosquito does not bite.

Can people eat larger than usual helpings of ALL-BRAN?

Yes. Extensive tests among university students showed that doubling the usual one-ounce serving had no ill effects, also that it did not have any greater regulating action.

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon rises h. m.	Sun Fast	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon rises h. m.
1	Mo	1st R.R. reached Indianapolis, 1847	5 56	5 43	1 03	10	5 54	5 46	1 26
2	Tu	Major John Andre hanged, 1780	5 57	5 42	2 07	11	5 54	5 44	2 25
3	We	New Tariff Bill signed, 1918	5 58	6 40	3 11	11	5 55	5 43	3 25
4	Th	1st complete English Bible, 1555	5 59	5 38	4 13	11	5 55	5 42	4 21
5	Fr	Chester A. Arthur born, 1830	6 00	5 36	5 13	12	5 56	5 41	5 17
6	Sa	All-Bran Muffins	6 02	5 34	sets	12	5 57	5 39	sets
7	Su	**19th Sunday after Trinity**	6 03	5 33	6 43	12	5 58	5 38	6 50
8	Mo	Battle at Savannah, 1779	6 04	5 31	7 08	12	5 58	5 37	7 19
9	Tu	Alaska transferred to U. S., 1867	6 05	5 30	7 33	13	5 59	5 35	7 50
10	We	Calif. adopted woman's suffrage, 1911	6 06	5 28	8 05	13	5 59	5 34	8 26
11	Th	Charter given Amsterdam Co., 1614	6 07	5 26	8 42	13	6 00	5 33	9 07
12	Fr	Robert E. Lee died, 1870	6 08	5 24	9 23	13	6 01	5 32	9 51
13	Sa	Cornerstone of White House laid, 1792	6 09	5 22	10 15	14	6 02	5 30	10 43
14	Su	**20th Sunday after Trinity**	6 10	5 21	11 12	14	6 03	5 28	11 39
15	Mo	John L. Sullivan born, 1858	6 11	5 19	morn	14	6 03	5 27	morn
16	Tu	Ridley & Latimer burned at stake, 1555	6 12	5 17	0 16	14	6 04	5 26	0 40
17	We	Convention of Saratoga, 1777	6 14	5 16	1 26	15	6 05	5 25	1 44
18	Th	All-Bran provides Vitamin B	6 15	5 14	2 40	15	6 06	5 24	2 52
19	Fr	Lloyd George resigned, 1922	6 17	5 13	3 54	15	6 06	5 23	3 59
20	Sa	2nd Panama Canal Co. formed, 1894	6 18	5 11	rises	15	6 07	5 22	rises
21	Su	**21st Sunday after Trinity**	6 19	5 10	5 59	15	6 07	5 21	6 07
22	Mo	John Sherman died, 1900	6 20	5 09	6 34	15	6 08	5 20	6 49
23	Tu	Chart. of Mass. Bay Co. f., 1684	6 21	5 07	7 12	16	6 09	5 19	7 34
24	We	Alaska cable broken, quake, 1927	6 22	5 06	7 59	16	6 10	5 18	8 25
25	Th	Battle of Agincourt, 1415	6 23	5 04	8 52	16	6 11	5 17	9 19
26	Fr	All-Bran Gingerbread	6 24	5 02	9 51	16	6 12	5 16	10 19
27	Sa	Wm. Penn landed at Newcastle, 1682	6 26	5 01	10 52	16	6 13	5 15	11 20
28	Su	**22d Sunday after Trinity**	6 28	5 00	11 58	16	6 13	5 14	morn
29	Mo	James Boswell born, 1740	6 29	4 58	morn	16	6 14	5 13	0 20
30	Tu	Turkey signed armistice, 1918	6 30	4 57	1 03	16	6 15	5 12	1 19
31	We	Eng. given N. Netherlands, 1674	6 31	4 56	2 06	16	6 15	5 11	2 16

OCTOBER 1945

10th Month
31 Days

MOON'S PHASES, E. S. T.

- New Moon, 0:22 A.M., 6th
- First Quarter, 4:38 A.M., 14th
- Full Moon, 0:32 A.M., 21st
- Last Quarter, 5:30 P.M., 27th

TIME DIFFERENCES OVER THE WORLD

12 O'Clock Noon U. S. Standard Eastern Time
Compared with Clocks in Foreign Cities

Alexandria	7:00 p.m.	Havana	12:00 noon	Teheran	8:30 p.m.
Athens	7:00 p.m.	Hongkong	1:30 a.m.*	Tokyo	2:00 a.m.*
Baghdad	8:00 p.m.	Honolulu	6:30 a.m.	Valparaiso	1:00 p.m.
Bangkok	12:00 mid.	Istanbul	7:00 p.m.	Vienna	6:00 p.m.
Batavia, Java	12:30 a.m.*	Leningrad	8:00 p.m.	Wake I.	4:00 a.m.*
Belfast	5:00 p.m.	Lima	12:00 noon	Wellington, N. Z.	4:30 a.m.
Berlin	6:00 p.m.	London	5:00 p.m.		
Bombay	10:30 p.m.	Madrid	5:00 p.m.		
Brussels	5:00 p.m.	Manila	1:00 a.m.*		
Bucharest	7:00 p.m.	Mexico City	11:00 a.m.		
Budapest	6:00 p.m.	Montevideo	1:30 p.m.		
Buenos Aires	1:00 p.m.	Moscow	8:00 p.m.		
Cape Town	7:00 p.m.	Oslo	6:00 p.m.		
Caracas	12:30 p.m.	Paris	5:00 p.m.		
Copenhagen	6:00 p.m.	Rangoon	11:30 p.m.		
Dawson	8:00 a.m.	Rio de Janeiro	2:00 p.m.		
Edmonton	10:00 a.m.	Rome	6:00 p.m.		
Geneva	6:00 p.m.	Shanghai	1:00 a.m.*		
Guadalcanal	4:00 a.m.*	Singapore	12:00 mid.		
Guam	3:00 a.m.*	Sydney	3:00 a.m.		

*At places marked * the time noted is in the morning of the FOLLOWING day.

Clocks in foreign cities will show the times above at 11 A.M. Standard Central Time, 10 A.M. Mountain Time, 9 A.M. Pacific Time. If you are on war time, your clock is one hour ahead of standard time.

"I am a rural letter carrier. For more than 15 years I used a laxative *every night*. About a year and a half ago a good friend suggested that I try KELLOGG'S ALL-BRAN. I did so — with the result that I have *not taken a pill since*. I eat ALL-BRAN generously every day. I find it a great help." John H. Martin, Westminster, Maryland.

HOW TO REMOVE SPOTS AND STAINS

DO IT NOW should be the slogan of every housewife when a stain disfigures a favorite fabric. Stains are easier to remove when they are fresh. Try lukewarm water first, unless you know that water will not work. If water fails, follow the directions below. Right now, check them over and see how many of the chemicals listed, or suitable substitutes for them, you have on hand.

These directions are the simplest and safest for common stains. They have been tested in every possible way, but because so many synthetic fabrics and dyes are now used, there may be occasional cases when these formulas will not be completely successful. So if the stain is on a very valuable piece, by all means send it to a competent cleaner. And, when you do try to remove a stain with chemicals, always test them on a hidden edge first to make sure they will not spot the material or remove the color.

BLOOD—Soak in cold water, then wash with neutral soap and tepid water. Or spread on cold starch paste, allow to dry and wash. Stubborn stains may be removed (from cotton only) by soaking in a solution of sodium hypochlorite.

CHOCOLATE AND COCOA—Sponge with carbon tetrachloride or benzol, then soak in borax and cold water.

COFFEE OR TEA—Try hot water first, then bleach, if necessary (moisten with lemon juice and expose to sun). A stronger bleach is sodium hypochlorite for cottons or, for woolens and silks, hydrogen peroxide. If colors are apt to run, use only tepid water followed by neutral soap and weak ammonia.

CREAM AND MILK—Soak in hot water, then launder with neutral soap and warm water.

EGG—Soak linens or cottons in cold water, rub silks with table salt, then launder.

FRUITS—Lemon and citrus fruit juices should be sponged with clear water and then with a weak solution of ammonia. Treat other fruit juice stains as directed for coffee.

GRASS—Soak the stain well with kerosene then brush out with carbon tetrachloride, gasoline or alcohol.

GREASE, OILS—Lay over blotting paper and sponge with gasoline, benzine or carbon tetrachloride. To prevent the grease from spreading on silks, circle with French chalk or fuller's earth.

INK—Often difficult because of the many different compositions used. Try cold water first. If unsuccessful try turpentine, carbon tetrachloride, alcohol, ammonia or weak oxalic acid over a blotter or absorbent material.

IRON RUST—Wet with lemon juice and salt or use weak oxalic acid.

MEDICINE—Sponge with clear cold water, then use alcohol or ammonia.

MILDEW—Impossible if fabric is damaged. Otherwise wash in cold water and bleach with potassium permanganate.

PAINT—Sponge with turpentine, carbon tetrachloride, benzol or acetone.

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon rises h. m.	Sun Fast	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon rises h. m.
1	Th	Earthquake in Portugal, 1755	6 32	4 54	3 07	16	6 16	5 10	3 13
2	Fr	N. Dakota admitted to Union, 1889	6 33	4 53	4 06	16	6 17	5 09	4 06
3	Sa	Warren Harding elec. sen., 1914	6 35	4 52	5 06	16	6 18	5 08	5 00
4	Su	**23d Sunday after Trinity**	6 36	4 50	sets	16	6 19	5 07	sets
5	Mo	Revolutionary troops dis., 1783	6 38	4 49	5 38	16	6 20	5 07	5 52
6	Tu	All-Bran Griddle Cakes	6 39	4 48	6 06	16	6 21	5 06	6 27
7	We	Columbus ended last voyage, 1504	6 40	4 46	6 41	16	6 22	5 05	7 05
8	Th	John Milton died, 1674	6 41	4 45	7 22	16	6 23	5 04	7 48
9	Fr	Great fire in Boston, 1872	6 42	4 44	8 07	16	6 24	5 04	8 36
10	Sa	Tornado in Northwest, 1915	6 44	4 43	9 02	16	6 25	5 03	9 31
11	Su	**24th Sunday after Trinity**	6 45	4 42	10 03	16	6 26	5 02	10 29
12	Mo	1st U. S. oil exported, 1861	6 46	4 41	11 09	16	6 27	5 01	11 30
13	Tu	King Chas. of Hungary ab., 1918	6 48	4 40	morn	16	6 28	5 01	morn
14	We	Charles Carroll died, 1832	6 49	4 39	0 19	15	6 29	5 00	0 33
15	Th	Buffalo 1st used Niagara power, 1869	6 50	4 38	1 30	15	6 29	4 59	1 39
16	Fr	Tasty All-Bran Ginger Snaps	6 51	4 37	2 43	15	6 30	4 59	2 45
17	Sa	Uprising in Boston, 1747	6 53	4 36	3 57	15	6 31	4 58	3 55
18	Su	**25th Sunday after Trinity**	6 54	4 35	5 16	15	6 32	4 58	5 06
19	Mo	Battle of Urias, 1847	6 55	4 34	rises	15	6 33	4 57	rises
20	Tu	1st newspaper in Ark. issued, 1819	6 57	4 34	5 45	14	6 34	4 57	6 09
21	We	N. Carolina ratified Constitution, 1789	6 58	4 33	6 36	14	6 35	4 57	7 02
22	Th	Jack London died, 1916	6 59	4 32	7 34	14	6 36	4 56	8 02
23	Fr	Fort Pickens attacked, 1862	7 00	4 31	8 38	14	6 36	4 56	9 05
24	Sa	Zachary Taylor born, 1784	7 01	4 31	9 45	13	6 37	4 56	10 08
25	Su	**26th Sunday after Trinity**	7 03	4 30	10 52	13	6 38	4 55	11 09
26	Mo	Riots in Utah State prison, 1932	7 04	4 30	11 56	13	6 39	4 55	morn
27	Tu	Battle of Wichita, Kansas, 1868	7 05	4 29	morn	12	6 40	4 55	0 09
28	We	Magellan entered Pacific, 1520	7 06	4 29	0 59	12	6 41	4 54	1 05
29	Th	French gave Detroit to British, 1760	7 07	4 28	1 58	12	6 42	4 54	1 59
30	Fr	Jonathan Swift born, 1667	7 08	4 28	2 57	11	6 43	4 54	2 54

NOVEMBER 1945

11th Month
30 Days

MOON'S PHASES, E. S. T.

- New Moon, 6:11 P.M., 4th
- First Quarter, 6:34 P.M., 12th
- Full Moon, 10:13 A.M., 19th
- Last Quarter, 8:28 A.M., 26th

PERSPIRATION—Wash with warm water and soap. Bleach as for coffee, if necessary.

SHOE POLISH—Try neutral soap and water, turpentine or alcohol.

TOBACCO—Sponge tobacco juice stains on washable fabrics with water. Moisten remaining stains with lemon juice and bleach in sun. Wool fabrics may be sponged with water and then with alcohol.

VASELINE—Sponge with kerosene or turpentine.

WATER-COLOR PAINTS — Usually removable from washable fabrics with soap and water. For other fabrics try turpentine, using benzol to remove the turpentine, if necessary. Or try glycerin, sponging with lukewarm water to remove the glycerin.

WAX—Scrape off as much as possible. Sponge with benzine or gasoline over blotting or absorbent material.

All the chemicals listed are readily obtainable at drug, hardware or paint stores. Both sodium hypochlorite and carbon tetrachloride are sold economically as cleaning and washing solutions under various trade names.

"I'd started working nights, and with my way of living changed around, I soon found I was taking 3 or 4 laxatives a week, and feeling terrible. Then I heard about KELLOGG'S ALL-BRAN through your advertising. Since taking my daily helping of ALL-BRAN, I am regular as clockwork. Thanks for what your ALL-BRAN has done for me!" Mrs. Myrtle Wood, 274 Baumanville St., Akron, Ohio.

SUGGESTIONS FOR HOME NURSING

EVERY wife and mother should know what to do when sickness comes. Such knowledge is particularly valuable now when professional help is difficult to obtain. The basic suggestions given here will supplement your doctor's detailed instructions.

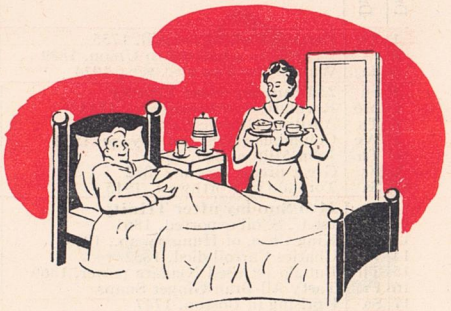
The Room in which the sick person is confined should be the largest and airiest bedroom in the house. The furnishings should be pleasant. Some books, flowers or articles the patient likes should be on hand. But do not disorder the room with unnecessary articles, clothing or drapes. And do not leave medicine bottles, utensils or food standing around. They only remind the patient of sickness.

The Atmosphere should be pure and not too warm. The old fear of fresh air did much harm. Fresh air will do much to aid sick persons, so see that there is ample ventilation. Naturally, direct drafts on the patient must be avoided.

Sunlight is another of nature's curatives. There should be plenty of sunlight in the sick room unless the patient wishes to sleep or it hurts the eyes. There are a few ailments, of course, in which too much light must be avoided.

Temperature of the room should be neither too warm nor too cold. In the daytime, 70° Fahrenheit is about right and at night 65°. The patient's night clothes should be reasonably warm. Too much warmth is weakening and should be avoided. In some cases, of course, your physician will advise a very warm room and bed clothing.

The Bed should be comfortable, but firm. In long illnesses a bed that is almost hard is much more restful than one covered with double coil springs or a feather tick.



Cleanliness is very necessary to the patient's prompt recovery. The bedding should be aired daily and changed at least every other day. The patient should be washed completely once a day with warm (not hot) water, and dried quickly with a soft towel. To prevent tiring a weak patient, wash one part at a time and another after an interval of rest.

The hands and face should be washed, the teeth cleaned, the hair brushed, and so on, as often as in every day life. Of course, if the patient is very ill, your doctor will advise on this. However, anyone who has been ill knows how wonderful a careful toilet feels.

The Attendant should be kind, willing to perform any service, and cheerful at all times. Too many attentions and fussing are, however, often irritating. The attendant should be sure that her presence and services are wanted. When they are not, they should not be forced on the patient, unless to administer medicines, or the like.

Visitors should be admitted if the patient is not too weak and has no contagious ailment. It is well, however, to be sure that they will cheer up the patient. Visitors who excite or annoy should be refused. It is better to hurt the visitor's feelings than the patient's health.

The Doctor thinks only of helping the patient back to health. His instructions should be followed to the letter, even if the patient objects.

DECEMBER 1945

12th Month 31 Days

MOON'S PHASES, E. S. T.

- New Moon, 1:06 P.M., 4th
- First Quarter, 6:05 A.M., 12th
- Full Moon, 9:17 P.M., 18th
- Last Quarter, 3:00 A.M., 26th

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon rises h. m.	Sun Fast	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon rises h. m.
1	Sa	1st typewriter patent granted, 1866	7 09	4 28	3 58	11	6 44	4 54	3 48
2	Su	**Advent Sunday**	7 10	4 28	4 58	11	6 45	4 54	4 42
3	Mo	Oberlin College opened, 1833	7 11	4 27	5 59	10	6 45	4 54	5 37
4	Tu	S. Barbara Mission founded, 1786	7 12	4 27	sets	10	6 46	4 54	sets
5	We	Greece recalled King, 1920	7 14	4 27	5 23	9	6 46	4 54	5 46
6	Th	La Salle entered Niagara River, 1678	7 15	4 27	6 04	9	6 47	4 54	6 34
7	Fr	Rudolph Friml born, 1881	7 16	4 27	6 56	8	6 48	4 54	7 26
8	Sa	1st phone message to ship at sea, 1929	7 17	4 26	7 56	8	6 49	4 54	8 23
9	Su	**2d Sunday in Advent**	7 18	4 26	9 00	8	6 50	4 54	9 23
10	Mo	Peace Treaty with Spain signed, 1898	7 19	4 26	10 07	7	6 51	4 55	10 25
11	Tu	Indiana became a state, 1816	7 20	4 26	11 15	7	6 51	4 55	11 27
12	We	Pa. ratified constitution, 1787	7 21	4 26	morn	6	6 52	4 55	morn
13	Th	Drake began World voyage, 1577	7 21	4 26	0 25	6	6 53	4 55	0 30
14	Fr	Amundsen reached S. Pole, 1911	7 22	4 27	1 34	5	6 53	4 55	1 34
15	Sa	U. S. Patent Office burned, 1836	7 23	4 27	2 49	5	6 54	4 56	2 43
16	Su	**3d Sunday in Advent**	7 23	4 27	4 05	4	6 55	4 56	3 52
17	Mo	War between England and Spain, 1718	7 24	4 27	5 22	4	6 56	4 57	5 03
18	Tu	Try All-Bran Muffins	7 24	4 27	rises	3	6 56	4 57	rises
19	We	Constantine returned to Greece, 1920	7 25	4 28	5 14	3	6 57	4 57	5 42
20	Th	South Carolina seceded, 1860	7 25	4 28	6 16	2	6 58	4 58	6 44
21	Fr	John Newton died, 1807	7 26	4 29	7 22	2	6 58	4 58	7 50
22	Sa	Saratoga-Chance naval battle, 1778	7 26	4 29	8 32	1	6 59	4 59	8 54
23	Su	**4th Sunday in Advent**	7 27	4 30	9 40	1	6 59	4 59	9 56
24	Mo	Kit Carson born, 1809	7 27	4 30	10 46	0	7 00	5 00	10 55
25	Tu	Christmas Day	7 28	4 31	11 48	S	7 00	5 01	11 51
26	We	1st electric lights in Phila. store, 1879	7 28	4 31	morn	1	7 00	5 01	morn
27	Th	Germans gain in Poland, 1914	7 28	4 32	0 46	1	7 01	5 02	0 46
28	Fr	Thomas Ewing born, 1789	7 29	4 33	1 47	2	7 01	5 02	1 41
29	Sa	Buffalo burned by Indians, 1813	7 29	4 34	2 48	2	7 01	5 03	2 35
30	Su	**Sunday after Christmas**	7 29	4 35	3 49	3	7 01	5 03	3 29
31	Mo	Manhattan Bridge opened, 1909	7 30	4 36	4 50	3	7 02	5 04	4 25

HINTS FOR THE HOME HANDYWOMAN

Copper and brass kettles and utensils can be quickly cleaned of the most stubborn tarnish by washing with vinegar in which as much salt as possible has been dissolved. After cleaning they should be washed in clear hot water and thoroughly dried.

* * *

Experts say that a wet umbrella should be dried closed, not open. And dry it with the handle down, not the tip. This prevents the cover from being stretched and stops rust from forming on the ribs.

* * *

When washing cut glass, add a little bluing to the soapy water. The glass will glisten amazingly.

* * *

The white spots sometimes left by dropping water on shellacked floors can usually be removed by wiping with a cloth dampened with alcohol.

To separate an egg, break it into a small funnel. The white will slip through, leaving the yolk intact.

* * *

To clean parchment lamp shades, either bare or shellacked, use a cloth damp with soapy water.

* * *

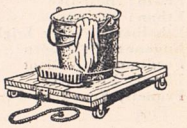
To remove smoke stains from fireplace bricks, scrub with a scouring powder, using only enough water to make a soft paste. Follow by thorough rinsing. After drying the color of the bricks can be enriched by brushing with linseed oil.

* * *

To mend broken glassware, apply melted alum to the edges and press tightly together. The mend will not show.

* * *

A small board, mounted on casters, with a cord to pull it by, is a timesaving tool when using the scrub pail.



WHAT YOUR GIVEN NAME MEANS

YOUR Christian name, which means the name given you in baptism, or your first name, is more than just a label. As a general rule, it means something. It was probably formed hundreds of years ago from the words of some strange language and has been handed down from generation to generation, occasionally changed and abbreviated, but still retaining its meaning. Below is a list of the more popular given names and their generally accepted meanings.

Masculine Names

Abraham: Father of a multitude
Adam: Earth-man
Adolph(us): Noble hero
Adrian: Dark
Alan: Harmony
Albert or Elbert: All bright
Alexander: Helper of men
Alfred: Good counselor
Algernon: Whiskered
Alonzo or Alphonso: Willing
Amos: Strong
Andrew: Manly
Anthony: Praiseworthy
Archibald: Very bold
Arthur: Noble
Austin or Augustus: Exalted
Baldwin: Bold
Basil: Royal
Benjamin: Son of the right hand
Bernard: Strong bear
Bertram: Bright
Boyd: Yellow
Brian: Strong
Bruce: Conqueror
Byron: Clear thinker
Calvin: Bald
Cameron: Brave
Carl: Manly
Cecil: Dim of sight
Charles: Manly
Chester: A soldier
Christopher: Bearing Christ
Clarence: Illustrious
Claude: Proud
Clifford: Valorous
Conrad: Able counsel
Cuthbert: Renowned
Cyril: Lordly
Daniel: Divine judge
David: Beloved
Dennis: Wine god
Donald: Proud chief
Douglas: Bold chief
Duncan: Brown chief
Earl: Lordly
Edgar: Happy giver
Edmund: Defender
Edward: Guardian
Edwin: Gainer of happiness
Egbert: Famous swordsman
Elliott or Ellis: Golden
Emery or Emory: Rich
Emmanuel: God with us
Eric: Brave
Ernest: Earnest
Erwin: Bear-like
Ethan: Stalwart
Ethelbert: Nobly bright
Eugene: Well born
Ferdinand: Valiant
Floyd: Flood-son
Francis, Frank or Franklin: Free

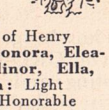
Frederick: Peaceful ruler
George: Landholder
Gerald: Strong with spears
Gilbert: Famous
Godfrey, Geoffrey or Jeffrey: At peace with God
Gordon: Generous
Gregory: Vigilant
Gustavus: Warrior
Harold: Champion
Harvey: Bitter
Henry: Head of a house
Herbert: Glory of the army
Herman: A warrior
Horace: Brave leader
Howard: Guard
Hugh or Hugo: Soulful
Ira: Watchful
Irwin: Warrior
Jacob: Truthful
James: Supplanter
Jerome: Holy name
Jesse: Wealth
John: Gift of God
Joseph: He shall multiply
Julius or Julian: Soft haired
Justin or Justus: Just
Keith: Handsome
Kenneth: A leader
Lawrence: Crowned with laurel
Leo or Leon: The lion
Leonard: Strong as a lion
Leslie or Lester: Lustrous
Lewis or Louis: Bold warrior
Lionel: Young lion
Lloyd: Gray
Luke: Light
Luther: Illustrious warrior
Malcom: Kingly
Marcus or Mark: Hammer
Martin: Warlike
Matthew: Gift
Michael: Like God
Miles: A soldier
Milton: Red
Morton: Ambitious
Moses: Out of the water
Nathan: A gift
Neal or Neil: Dark
Nelson: Nell's son
Nicholas: Victory of the people
Norman: A northman
Oliver: Contented
Orville: Peaceful
Oscar: Leaping warrior
Otho or Otto: A giant
Owen: Well born
Patrick: Noble
Paul: Little
Percival: Lordly
Perry: Fruitful
Peter: A rock
Philip: Lover of horses
Ralph: Famous hero
Randolph: Helper

Raymond: Wise protector
Reginald: Strong king
Richard: Powerful ruler
Robert or Rupert: Bright
Roger: Famous with spear
Roland: Fame of the land
Ronald: Famous
Ross: Hunter
Roy: King
Rudolph: Active
Rufus: Red haired
Russell: Red
Samuel: Heard by God
Sidney: Troubled
Simon: Hearing with acceptance
Spencer: Thinker
Stanley: Stony meadow
Stephen: A crown of flowers
Stuart: Guardian
Theodore: Gift of God
Thomas: A twin
Timothy: Fearing God
Vernon: Everlasting
Victor: Conqueror
Vincent or Vance: Victorious
Wallace: A stranger
Walter: Water master
Wesley: Shining
Wilbur: Wild boar
Wilfred: Peaceful
Willard: Nobleman
William: Defense

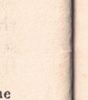
Feminine Names

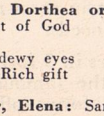
Alice, Adela, Adelaide, Elsie or Elsa: A princess
Adrienne: Dark
Agnes or Inez: Pure
Alma: Kind of heart
Amelia: Beloved
Amy: Beloved
Anita: Gracious
Ann, Anna, Anne, Annette, Nancy or Hannah: Graceful
Antoinette or Antonia: Inestimable
Audrey: Golden
Barbara: Strange
Beatrice: Happy
Bernice: Bringing victory
Bertha: Beautiful
Carlotta: Noble spirited
Caroline or Charlotte: Feminine of Charles
Catherine, Kate or Katherine: Pure
Cecilia, Cecily or Cicely: Feminine of Cecil
Clara: Bright
Clarissa or Claire: Famous
Constance: Firm
Cora or Corinna: Maiden
Cynthia: From Mt. Cynthus
Deborah: A bee

Diana: Goddess
Dolores: Sorrow
Dora, Dorothy, Dorthea or Dorinda: Gift of God
Doris: Sea born
Drusilla: With dewy eyes
Edith or Ada: Rich gift
Edna: Pleasure
Eleanor, Elinor, Elena: Same as Helen
Elizabeth, Eliza, Babette, Betty, Isabel or Isabella: Worshipped of God
Emily, Emma or Emeline: Energetic
Esther, Hester or Hesther: Good fortune
Ethel: Noble birth
Eva, Eve or Evelyn: Life
Evangeline: Glad news
Felicia or Felice: Happiness
Flora: Flowers
Florence: Blooming
Genevieve: Peaceful
Gertrude: True
Gladys: Happy
Gloria: Fame
Gretchen: A pearl
Harriet: Feminine of Henry
Helen, Helena, Leonora, Eleanor, Nellie, Elinor, Ella, Ellen or Aileen: Light
Honora or Nora: Honorable
Hortense: Garden loving
Ida: Godlike
Irene: Peace
Jane, Jennie, Joan, Joanna, Janet, Jean, Jeannette: Feminine of John



Jessie or Jessica: Firm
Joyce: Sportive
Judith: Praised
Julia, Juliette: Feminine of Julius
Laura: A laurel
Lillian: The lily
Loretta: Pure
Louisa or Louise: Feminine of Louis
Lucy or Lucille: Born at dawn
Mabel: Lovable
Madeline: Magnificent
Margaret, Madge, Marguerite, Marjorie or Rita: A pearl
Mary, May, Maria, Miriam, Marion, Marie, Myra, Molly or Polly: Star of the sea
Martha: Ruler of the house
Maud or Maude: Heroine
Mildred: Mild speaker
Millicent: Sweet singer
Muriel: Myrrh
Natalie: A gift
Nina: Young
Norma: From the north
Olive: Peaceful
Pamella: Beautiful
Patricia: Noble
Phyllis: Green bough
Priscilla: Ancient
Prudence: Careful
Rebecca: Enchanting beauty
Rosabel: Beautiful rose
Rosamond: Famous protector
Ruby: Red
Ruth: Beauty
Sara, Sarah or Sally: Princess





Shirley: Pleasant
Sibyl: A prophetess
Silvia: Of the forest
Sophia: Wisdom
Stella: A star
Susan or Susanna: A lily
Theresa: Carrying corn
Veronica or Vera: Faithful
Victoria: Winning
Viola: Modest
Virginia: Pure
Vivian: Lively
Zora: Dawn

"I'd been troubled with common constipation for many years. Was taking laxatives and pills all the time, and feeling very weak and run down. 3 months ago, I began eating KELLOGG'S ALL-BRAN daily. Now, I have a regular, natural movement every morning, which helps me feel my best!" Mr Samuel D. Blank, 292 Kings Highway, Brooklyn, New York.

JANUARY 1946

1st Month
31 Days

MOON'S PHASES, E. S. T.

- New Moon, 7:30 A.M., 3d
- First Quarter, 3:27 P.M., 10th
- Full Moon, 9:46 A.M., 17th
- Last Quarter, 11:59 P.M., 24th

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon rises h. m.	Sun Slow	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon rises h. m.
1	Tu	New Year's Day	7 30	4 37	5 47	4	7 03	5 05	5 24
2	We	Georgia ratified constitution, 1788	7 30	4 38	6 55	4	7 03	5 06	6 32
3	Th	Elizabeth P. Peabody died, 1894	7 30	4 38	sets	5	7 03	5 06	sets
4	Fr	1st radio chain broadcast, 1923	7 30	4 39	5 44	5	7 03	5 07	6 16
5	Sa	Capt. Dreyfus degraded, 1895	7 30	4 40	6 49	5	7 03	5 08	7 18
6	Su	**Epiphany**	7 30	4 41	7 57	6	7 04	5 09	8 21
7	Mo	English lost Calais, 1588	7 30	4 42	9 07	6	7 04	5 10	9 25
8	Tu	Eli Whitney died, 1825	7 30	4 43	10 19	7	7 04	5 11	10 30
9	We	Breakfast, All-Bran Muffins	7 30	4 44	11 31	7	7 04	5 11	11 35
10	Th	Treaty of Versailles effective, 1920	7 29	4 45	morn	8	7 04	5 12	morn
11	Fr	A. E. Putnam began Pacific flight, 1935	7 29	4 46	0 45	8	7 04	5 13	0 41
12	Sa	B. & O. R. R. began operation, 1853	7 29	4 47	1 58	8	7 03	5 14	1 48
13	Su	**1st Sunday after Epiphany**	7 28	4 49	3 11	9	7 03	5 15	2 56
14	Mo	Earthquake in Jamaica, 1907	7 28	4 50	4 24	9	7 03	5 16	4 05
15	Tu	Queen Elizabeth crowned, 1559	7 28	4 51	5 37	9	7 03	5 17	5 15
16	We	Samuel Bowles died, 1878	7 27	4 53	6 48	10	7 02	5 18	6 25
17	Th	Delicious, All-Bran Pancakes	7 27	4 54	rises	10	7 02	5 19	rises
18	Fr	Scott Expedition reached S. Pole, 1912	7 26	4 55	6 06	10	7 02	5 19	6 34
19	Sa	Georgia seceded, 1861	7 26	4 56	7 13	11	7 02	5 20	7 38
20	Su	**2d Sunday after Epiphany**	7 25	4 57	8 18	11	7 01	5 21	8 40
21	Mo	Planet Pluto discovered, 1930	7 25	4 58	9 23	11	7 01	5 22	9 38
22	Tu	Massacre at River Raisin, Mich., 1813	7 24	4 59	10 26	12	7 01	5 23	10 34
23	We	John Sullivan died, 1795	7 23	5 00	11 29	12	7 00	5 24	11 29
24	Th	Typewriter ribbon patented, 1888	7 22	5 02	morn	12	7 00	5 25	morn
25	Fr	Germany confiscates all grain, 1915	7 21	5 03	0 29	12	6 59	5 26	0 24
26	Sa	Samuel H. Adams born, 1871	7 20	5 04	1 29	13	6 59	5 27	1 18
27	Su	**3d Sunday after Epiphany**	7 19	5 06	2 30	13	6 58	5 28	2 13
28	Mo	Lunch, All-Bran Gingerbread	7 18	5 08	3 31	13	6 57	5 29	3 10
29	Tu	Henry Lee born, 1756	7 17	5 09	4 33	13	6 57	5 30	4 08
30	We	German ship "Elbe" sunk, 1895	7 17	5 11	5 33	13	6 56	5 31	5 05
31	Th	2d Pan Amer. Com. ended, 1902	7 16	5 12	6 30	14	6 56	5 32	6 02

HINTS ON TRAINING YOUR DOG

TO TEACH the young dog to obey and do simple tricks is largely a matter of patience. The dog is generally eager to please — but when you show impatience he becomes bewildered. So always let the lessons be pleasant — even if firm.

Never resort to a whip. True, you may have to use a little physical urge at first to demonstrate what you wish the dog to do. When he does things right, don't forget the little tidbits or a friendly appreciative pat. Keep the lessons short. Attempt to teach only one thing at a time.

TEACHING HIM TO HEEL. Use a collar and *short* leash. When the dog tends to run before you, pull sharply on the leash — force him back "to heel," and say "heel" distinctly. Repeat this a few times until the dog finally understands.

TO MAKE HIM "SPEAK." Hold a piece of meat up where the dog can see it and smell it. Say "speak." Then imitate the bark of a dog. In a few patient lessons the dog will know to "speak" when you hold up the meat.

TO MAKE HIM SIT DOWN. Give the command — say "sit" or "down" or "charge"—but use the same word always. As you give the command set the dog into a sitting-on-his-haunches position. If he wriggles to one side, or lies down, set him up again into the sitting position — again giving him the command. Soon he will understand what you mean, and obey.

FETCH. Assume you wish to teach him to fetch a ball, shoes, or whatever. Throw the article across the room and say "fetch." If he doesn't understand, take him over to the article, place it in his mouth, and bring him back to your chair. Repeat this until he obeys.

About Dog Foods

Since you can't test and compare every prepared dog food, you must buy mainly on faith. Name and reputation of the maker of the dog food become *important*.

Famous GRO-PUP dog food is made by the Kellogg Company of Battle Creek, Michigan . . . a name that has stood for quality and good nutrition for many years. GRO-PUP is a mighty good dog food. It has lots of tempting meaty flavor. It contains every known mineral and vitamin that dogs must have to thrive. It contains more protein than many experts say a dog actually needs.

GRO-PUP comes in 3 forms — though all are made to the famous GRO-PUP formula. These 3 forms offer your dog its choice. There's GRO-PUP Pel-Etts, crunchy, bite-size pieces which your dog

has to chew. Thus he gets more of the grand hearty flavor. GRO-PUP RIBBON, crisp and tempting and convenient — long a real favorite with dogs. GRO-PUP MEAL, used for years by breeders, kennel owners and tested and accepted by nutrition experts — a handy form of grand dog food.

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon sets h. m.	Sun Slow	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon sets h. m.
1	Fr	Battle of Bachelor's Creek, 1864	7 15	5 13	sets	14	6 55	5 33	sets
2	Sa	Earthquake in Japan, 1703	7 14	5 14	5 46	14	6 55	5 34	6 09
3	Su	**4th Sunday after Epiphany**	7 13	5 15	6 55	14	6 54	5 35	7 15
4	Mo	1st Amer. st. car line began, 1832	7 12	5 16	8 06	14	6 53	5 35	8 22
5	Tu	Georgia adopted a constitution, 1777	7 11	5 18	9 20	14	6 52	5 36	9 28
6	We	Pius elected Pope, 1922	7 10	5 19	10 35	14	6 52	5 37	10 33
7	Th	Steamer "Orpheus" wrecked, 1863	7 09	5 20	11 47	14	6 51	5 38	11 33
8	Fr	Try All-Bran and Honey	7 08	5 22	morn	14	6 50	5 39	morn
9	Sa	Robert Forsyth born, 1822	7 07	5 23	0 58	14	6 49	5 40	0 45
10	Su	**5th Sunday after Epiphany**	7 06	5 24	2 12	14	6 48	5 41	1 54
11	Mo	Ebert elected 1st Ger. president, 1919	7 04	5 25	3 26	14	6 47	5 42	3 02
12	Tu	Cotton Mather born, 1663	7 02	5 26	4 35	14	6 46	5 43	4 08
13	We	All-Bran Waffles for supper	7 01	5 27	5 40	14	6 46	5 43	5 11
14	Th	Arizona admitted to Union, 1912	7 00	5 28	6 32	14	6 45	5 44	6 05
15	Fr	John Bell born, 1797	6 58	5 29	rises	14	6 44	5 45	rises
16	Sa	King Tut's tomb opened, 1923	6 57	5 31	6 00	14	6 43	5 46	6 23
17	Su	**Septuagesima Sunday**	6 56	5 33	7 05	14	6 42	5 47	7 23
18	Mo	Martin Luther died, 1546	6 54	5 34	8 10	14	6 41	5 48	8 21
19	Tu	Battle of Winton, N. C., 1862	6 53	5 35	9 14	14	6 40	5 49	9 17
20	We	1st comp. Postal Law passed, 1792	6 51	5 37	10 17	14	6 39	5 50	10 12
21	Th	Cuban constitution signed, 1901	6 49	5 38	11 19	14	6 38	5 51	11 07
22	Fr	James Russell Lowell born, 1819	6 48	5 40	morn	14	6 36	5 51	morn
23	Sa	Tasty All-Bran Ginger Snaps	6 47	5 41	0 20	13	6 35	5 52	0 01
24	Su	**Sexagesima Sunday**	6 45	5 42	1 19	13	6 34	5 53	0 58
25	Mo	Samuel Seabury died, 1796	6 43	5 43	2 17	13	6 33	5 53	1 55
26	Tu	S. S. Province II sank, 1916	6 42	5 44	3 15	13	6 32	5 54	2 51
27	We	Last issue of New York "World," 1931	6 40	5 45	4 12	13	6 30	5 55	3 47
28	Th	1st railroad chartered, 1827	6 38	5 47	5 09	13	6 29	5 56	4 44

FEBRUARY 1946

2nd Month 28 Days

MOON'S PHASES, E. S. T.

- New Moon, 11:43 P.M., 1st
- First Quarter, 11:28 P.M., 8th
- Full Moon, 11:27 P.M., 15th
- Last Quarter, 9:36 P.M., 23d

★ ★ HOME CANNING RECIPES ★ ★

Gooseberry Marmalade

Wash a quantity of gooseberries and remove the stems. Cook slowly in a kettle with just enough water to cover the bottom. When the gooseberries are a soft pulp, add an equal amount of sugar by measure. Boil about 20 minutes or until thick and jelly-like. Pour into hot, clean glass jars and seal tightly.

Pear Preserves

Pare good sound pears. Leave small ones whole but cut large ones into halves or quarters. For each pound of pears take one cup of sugar. Make your syrup by adding 1 cup of boiling water to each cup of sugar. Cook pears in syrup until transparent and tender. Pour into clean glass jars and seal tightly. If you use hard pears boil them first in clear water and use the water for making the syrup. Some cooks like to add spices or lemon slices.

Pickled Beets

Make a spiced vinegar consisting of 2 cups water, 2 cups vinegar, 1 sliced lemon, 1 tablespoon cinnamon, 1 teaspoon allspice, 1 teaspoon cloves. Prepare small beets by cooking until tender and removing skins. Cover them with the spiced vinegar and simmer for 15 minutes. Pack into clean, hot glass jars and seal tightly.

Plum Jam

Wash the fruit well and prick the skins so they won't burst. Or remove the pits if you don't like their flavor. Place in kettle and add ¾ to 1 pound of sugar to each pound of plums, depending on their sweetness. Let stand overnight. In the morning, bring slowly to a boil and continue for a few minutes until thick and clear. Pour into hot, clean jars and seal tightly.

Famous Cereal Helps

GUARD THE IRON LEVEL

in Your Blood

IT MAY seem almost incredible to learn that your body needs to make *billions* of new red blood cells each *day* — just for replacements. In fact, the *trillions* of red blood cells your body holds right now will be completely replaced in about six weeks.

These blood cells will not have the good red color they need unless your body takes in enough iron. This iron is mighty important, for it does two things. It carries oxygen in the blood to help keep all parts of the body alive. It causes the vigorous redness in the blood that helps to "pink" your complexion.

So if your "iron level" gets low you may feel lacking in normal vitality — you may begin to look "washed out."

Best Source of Iron

The best place to get your iron is in foods. But *only* a few every day foods contain a significant amount of iron.

That's why, unless you watch out, your diet may vary in iron day to day, may actually be short of this vital mineral — and your vitality and vigor may be threatened.

One Iron-Rich Food

Fortunately there *is* one popular every day cereal food that is *extra rich in iron.* It's Kellogg's ALL-BRAN. This famous breakfast cereal actually provides more available iron than spinach. A one ounce dish of ALL-BRAN each day gives you more than one third your daily minimum need of vital iron.

And, in addition to iron richness, this crunchy, nut brown cereal is an important natural source of calcium, and phosphorus, and certain vitamins. That's because ALL-BRAN is made from the VITAL OUTER LAYERS of finest wheat.

As you know, the *skin* of the potato and the *peel* of the apple are richest in protective food elements. Into the vital outer layers of *wheat,* too, Nature has stored some of the grain's most important nutrients. In fact, ALL-BRAN (made from these vital outer layers) is more abundant in many food elements than good whole wheat itself.

Famous Regulating Cereal

And in addition to being a storehouse of iron and other important elements, famous Kellogg's ALL-BRAN is Nature's great regulating cereal. Millions of people eat it regularly — it's America's most widely used regulating food. A one ounce daily serving is usually adequate for laxation. ALL-BRAN does not interfere with normal digestion. It is TRIPLE MILLED for golden softness.

Days of Month	Days of Week	HISTORICAL EVENTS	Northern States: Sun rises h. m.	Northern States: Sun sets h. m.	Northern States: Moon rises h. m.	Sun Slow	Southern States: Sun rises h. m.	Southern States: Sun sets h. m.	Southern States: Moon rises h. m.
1	Fr	1st U. S. bank chartered, 1780	6 37	5 49	5 58	12	6 28	5 57	5 30
2	Sa	D'Iberville at Mississippi mouth, 1699	6 36	5 50	6 43	12	6 27	5 58	6 15
3	Su	**Quinquagesima Sunday**	6 34	5 51	sets	12	6 26	5 59	sets
4	Mo	Department of Labor created, 1913	6 33	5 53	7 04	12	6 25	6 00	7 13
5	Tu	Try All-Bran and prunes	6 31	5 54	8 20	12	6 24	6 00	8 22
6	We	Joseph Bellamy died, 1790	6 29	5 55	9 37	11	6 23	6 01	9 31
7	Th	1st N. Y.-London radio talk, 1926	6 27	5 56	10 52	11	6 22	6 02	10 39
8	Fr	Union Pacific R. R. completed, 1869	6 25	5 57	morn	11	6 20	6 02	11 47
9	Sa	Germany at war with Portugal, 1916	6 24	5 59	0 06	11	6 19	6 03	morn
10	Su	**Quadragesima Sunday**	6 22	6 00	1 19	10	6 18	6 04	0 54
11	Mo	Robert Treat Paine born, 1731	6 21	6 01	2 29	10	6 17	6 04	2 00
12	Tu	1st Philadelphia Assembly, 1683	6 19	6 02	3 33	10	6 16	6 05	3 02
13	We	Columbus returned to Spain, 1493	6 17	6 03	4 28	10	6 14	6 06	3 58
14	Th	Prison Mutiny, Joliet, Ill., 1931	6 15	6 04	5 12	9	6 13	6 07	4 46
15	Fr	Maine admitted to the Union, 1820	6 13	6 05	5 50	9	6 11	6 08	5 28
16	Sa	George T. Angell died, 1909	6 12	6 07	6 25	9	6 10	6 08	6 08
17	Su	**2nd Sunday in Lent**	6 10	6 08	rises	8	6 09	6 09	rises
18	Mo	1st Pension Act Passed, 1818	6 09	6 09	7 03	8	6 08	6 10	7 08
19	Tu	Explosion in Chicago, 1921	6 07	6 10	8 04	8	6 06	6 10	8 03
20	We	Banana All-Bran Nut Bread	6 05	6 11	9 05	8	6 05	6 11	8 57
21	Th	John Sebastian Bach born, 1685	6 04	6 12	10 06	7	6 04	6 12	9 52
22	Fr	Oklahoma Territory opened, 1891	6 02	6 13	11 07	7	6 02	6 12	10 47
23	Sa	Hitler made German dictator, 1933	6 00	6 14	morn	7	6 01	6 13	11 44
24	Su	**3rd Sunday in Lent**	5 59	6 15	0 07	6	6 00	6 14	morn
25	Mo	1st water power canal, began, 1639	5 57	6 16	1 05	6	5 58	6 15	0 40
26	Tu	Embargo Act passed, 1794	5 55	6 18	2 03	6	5 57	6 16	1 36
27	We	Gunpowder 1st used in Europe, 1380	5 53	6 19	3 01	5	5 55	6 17	2 31
28	Th	Court House riots, Cincinnati, 1884	5 51	6 20	3 50	5	5 53	6 17	3 22
29	Fr	Foch made chief of Allies, 1918	5 49	6 21	4 32	5	5 52	6 18	4 07
30	Sa	Henry VIII divorced Catherine, 1533	5 47	6 22	5 08	4	5 51	6 18	4 50
31	Su	**4th Sunday in Lent**	5 46	6 23	5 40	4	5 50	6 19	5 26

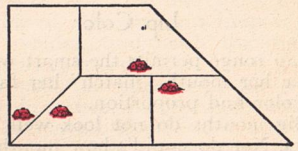
MARCH 1946

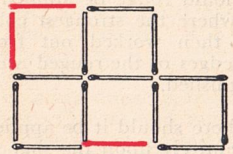
3rd Month
31 Days

MOON'S PHASES, E S T

- **New Moon,** 1:01 P.M., 3d
- **First Quarter,** 7:03 A.M., 10th
- **Full Moon,** 2:11 P.M., 17th
- **Last Quarter,** 5:37 P.M., 25th

ANSWERS TO PUZZLES ON PAGE 6

1. 

2. The only place in the world this could happen is the North Pole. So the bear was white.
3. Five stops. It took him 6 hours to walk the 30 miles, so he rested 62 minutes, 2 minutes the first time and double that each succeeding time.
4. 9:52 A.M.
5. 301 jelly beans.
6. 420 days.
7. 65 minutes.
8. 
9. The store owner lost 5 dollars and a hat.
10. Six feet. The rollers move ahead 3 feet on the ground and the barn moves ahead 3 feet on the rollers.

"Thanks for what KELLOGG'S ALL-BRAN has done for me. I'm 75 years old. Had been taking pills and salts almost every night. 6 weeks ago. I started eating KELLOGG'S ALL-BRAN every morning. Soon I had regular movements without any trouble. I can't praise ALL-BRAN enough. It sure works wonders for me." Mr. E. C. Zook, Box 114, Fairbury, Ill.

"For several years I was afflicted with common constipation. I tried various remedies, but got only temporary relief. Several months ago, I started eating KELLOGG'S ALL-BRAN each morning, drinking water freely through the day. I have since never had the slightest trouble with constipation. My gratitude to KELLOGG'S ALL-BRAN." Mr. H. M. Riley, 11 E. Division St., Chicago, Ill.

HOW TO BE YOUR OWN BEAUTICIAN

TAKING your beauty treatments at home saves time and money. And it's fun, too. Here are some basic principles.

Face First

The first care of any skin is cleanliness. To go on putting layer after layer of make-up into dust clogged pores is to invite disaster. Washing must be thorough. Warm water, plenty of pure soap and vigorous scrubbing with a clean washcloth or complexion brush. Thorough rinsing and then a big splashing with very cold water or rubbing with a cake of ice. Finally a vigorous drying with a coarse towel. Stimulation will help any skin, not harm it.

Rouge

Many smart women prefer cream rouge because it can be used for both cheeks and lips to assure a perfect match. It blends better than compact rouge and is less likely to be disturbed. Liquid rouge blends very well but is more difficult to handle. Of course, a compact is essential for emergency use.

What color rouge? Probably the safest guide is the natural color of one's cheeks after they have been washed, iced, massaged and slapped vigorously.

How should rouge be applied? In little dabs where the strongest color is desired — then worked out from there until the edges of the rouged area cannot be distinguished.

And where should it be applied? That depends entirely upon the shape of one's face. Perhaps the best way is to experiment. Find out by trial and error just where rouge looks best.

Powder

Many women use practically no powder at all. Others use no less than three shades of powder. The lightest shade for the neck, and above the cheeks, a brighter color for the cheeks and a darker one for around the eyes.

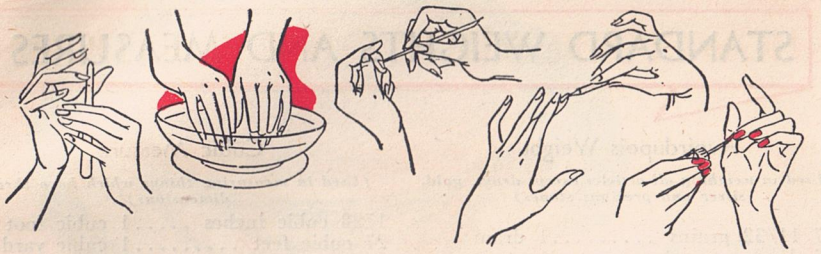
Powder should be dusted on gently from a full puff. The excess can be brushed off with a bit of cotton or a powder brush.

Lip. Color

Lip rouge permits the smart woman to make her mouth "match" her face, both in color and proportion.

Big mouths do not look well in small faces. Nor do cupid's bow mouths match big faces. Smart women design their mouths to enhance their facial proportions. If nature made the mouth too full, they use only a little lip rouge. If it is too thin they run the lip rouge over the edges a little — too long, they stop before the corners are reached — too short, an accent to the corners.

Six Steps in Make-Up



Procedure for Home Manicure

Eyes

Every woman wants long, romantic eyelashes. Brushing and training them with vaseline or cocoa butter will help. And they may be accented slightly with mascara or lash pencil. The lower lashes should receive little, if any, make-up.

The use of eye shadow should be restricted almost entirely to gala events. It is usually applied by dabbing just a very little in the center of the upper lid just over the eye lashes and rubbing it gently both ways until the right effect is obtained.

Nails

Here is an excellent procedure for a home manicure. First file nails to the shape desired. Do not use scissors if they can be avoided, and finish the shaping with an emery board.

Then soak the finger tips for a few minutes in warm, sudsy water. Scrub with a nail brush, if necessary, and rinse well before drying. Now massage the cuticle well with vaseline or face cream. Then push back gently with an orange stick. Do not trim the cuticle with scissors, if it can be avoided.

Roll a piece of cotton on the orange stick and dip it in nail bleach, or lemon juice, and wipe under the nail tips. Then, if the nail polish is damaged, remove and renew it.

Hair

Hair should be thoroughly shampooed every week, if oily, every ten days if normal, every two weeks if dry. The shampoo should be preceded by a brisk brushing to loosen any dandruff or dust.

Use any good cake or liquid soap for shampooing. Warm water, plenty of suds, two washes and three thorough rinses is a good procedure. The last rinse should be cold or nearly so. Very thorough drying and in the sun when possible (unless the hair is very dry).

For oily hair, simply wash more frequently, or try an egg shampoo occasionally. Or use the special soaps made for oily hair. Avoid oily scalp preparations.

For dry hair, just the reverse. Wash only every two weeks or so. A hot oil shampoo may be of value. Daily massage with olive oil or almond oil or with any good oil dressing will help.

Of course, all hair must have a good, tingling, daily massage. Rub the scalp well — make it feel alive. And a thorough hair brushing. A little brilliantine or other dressing, unless the hair is very oily. One should not be unduly alarmed at the loss of a few hairs. Nature intended that about fifty hairs a day should die and fall out. Just as many will grow back in.

"I'm a regular listener to radio programs featuring KELLOGG'S ALL-BRAN. Pleased to say my breakfast every morning for over a year has been a generous bowl of ALL-BRAN. It gives such wonderful relief I've thrown out all pills and other purgatives. ALL-BRAN'S a much gentler way to aid regularity. Others with constipation like mine really should try it." Mrs. J. F. Grubb, 4405 N. Broadway, Fountain City, Knoxville, Tenn.

STANDARD WEIGHTS AND MEASURES

Avoirdupois Weight

(Used in weighing all articles except drugs, gold, silver and precious stones)

27 11/32 grains .....1 dram
16 drams .....1 ounce
16 ounces .....1 pound
25 pounds .....1 quarter
100 pounds .....1 cwt.
20 cwt .....1 ton
2000 pounds .....1 ton
2240 pounds .....1 long ton

Dry Measure

(Used in measuring dry articles)

2 pints .....1 quart
8 quarts .....1 peck
4 pecks .....1 bushel
(Note: A bushel contains 2150.42 cubic inches.)

Linear Measure

(Used in measuring lengths and distances)

12 inches .....1 foot
3 feet .....1 yard
5½ yards .....1 rod or pole
16½ feet .....1 rod or pole
40 rods .....1 furlong
8 furlongs .....1 statute mile
320 rods .....1 mile
5280 feet .....1 mile

Land Measure

10 rods by 16 rods=1 acre
5 rods by 32 rods=1 acre
4 rods by 40 rods=1 acre
5 yards by 968 yards=1 acre
20 yards by 242 yards=1 acre
40 yards by 121 yards=1 acre
220 feet by 198 feet=1 acre
110 feet by 396 feet=1 acre
60 feet by 726 feet=1 acre
300 feet by 145.2 feet=1 acre
4840 square yards=1 acre

Liquid Measure

(Used in measuring liquids)

4 gills .....1 pint
2 pints .....1 quart
4 quarts .....1 gallon
231 cubic inches .....1 gallon
31½ gallons .....1 barrel
2 barrels .....1 hogshead

Cubic Measure

(Used in measuring things which have three dimensions)

1728 cubic inches .....1 cubic foot
27 cubic feet .....1 cubic yard
128 cubic feet .....1 cord

Square Measure

(Used in measuring the area of surface)

144 square inches .....1 square foot
9 square feet .....1 square yard
30¼ square yards .....1 square rod
272¼ square feet .....1 square rod
160 square rods .....1 acre
640 acres .....1 square mile

Troy Weight

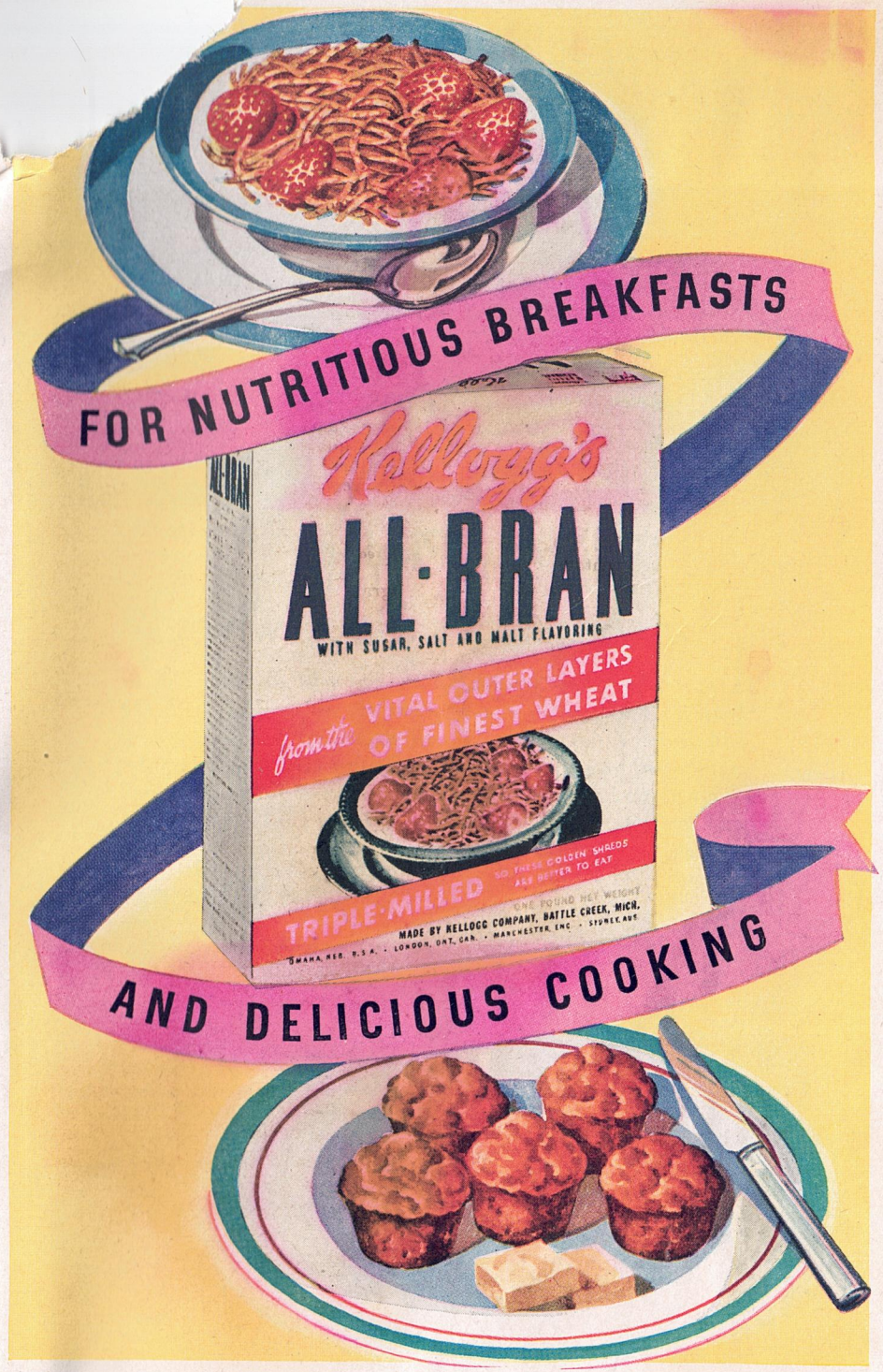
(Used in weighing gold, silver and precious stones)

24 grains .....1 pennyweight
20 pennyweights .....1 ounce
12 ounces .....1 pound

Kitchen Measure

40-50 drops .....1 teaspoon
3 teaspoons .....1 tablespoon
2 tablespoons .....1 fluid ounce
16 tablespoons .....1 cup
2 cups .....1 pint
4 cups pastry, bread or graham flour .....1 pound
3¾ cups whole wheat flour 1 pound
3 cups corn meal .....1 pound
4¾ cups rolled oats .....1 pound
2 cups lard .....1 pound
2 cups butter .....1 pound
2 2/3 cups brown sugar..1 pound
2 cups granulated sugar..1 pound
2 cups raisins (heaped)..1 pound
4½ cups coffee .....1 pound
8 to 10 average eggs.....1 pound
1 square chocolate .....1 ounce

The kitchen measures given here are generally accepted for use in cooking.



My Pledge

to America's Housewives

I appreciate your friendship — and will do all I can to keep it. I will serve you as promptly as possible, with the best foods I can obtain. I will deal with you fairly, as a member of your community, a taxpayer and a businessman.

I believe in offering you only the finest foods, prepared by reputable makers. That is why I carry all of Kellogg's Cereals.

Your Grocer

Occupant
97 Hammond
Pontiac, Michigan 16

UNITED STATES POSTAGE
DETROIT
MICH.
1 CENT 1